



Carolina country

To Everything, There Is a Season

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INSIDE:
Building power for people
Learning responsibility at school
Meeting the love of your life

Your Touchstone Energy® Cooperative 

"Control Your Blood Sugar ... With CINNAMON!"

(By Frank K. Wood)

If you want to naturally balance your blood sugar, boost your daily energy, protect your memory and vision, and avoid the dangers of diabetes or reverse its symptoms, you need *Amazing Diabetes Breakthroughs: Natural Remedies and Medical Miracles That Really Work*.

Discover amazing new research, like the hidden factor now known to lie behind Alzheimer's, cancer, diabetes, irritable bowel, heart problems, and more — and what you can do about it! Plus, learn how to master your blood pressure and cholesterol ... protect your heart and liver ... avoid stroke ... and more — all while loving what you eat, and without strenuous workouts.

- Feel better and have more energy ... in a matter of weeks!
- 3 steps to stop diabetes in its tracks. No drugs, no starvation diets, no kidding!
- Medical treatments available for free! Discover how to get them.
- Drop cholesterol like a hot potato. Drop blood sugar levels like a lead balloon.
- Is it possible to lower blood pres-

sure, cholesterol, and blood sugar without expensive drugs? The experts say yes.

- The one brand of chocolate that's actually good for your heart!
- Half the world's cases of type 2 diabetes could be prevented with this one step.
- Belly fat melts away ... arteries clear ... blood sugar drops ... and you're invigorated with more energy than you ever thought possible! All because you took these easy steps.
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- The weight-loss secret you can't do without! The "magic" number that will help you lower your body fat and weight, get a slimmer waist and hips, lower your blood pressure, improve your glucose control, and increase your "good" cholesterol.

TO ORDER A COPY

Amazing Diabetes Breakthroughs for \$9.99. See coupon. ©FC&A 2008



"Peppermint Can Heal WHAT?"

(By Frank K. Wood)

If you want to treat and prevent ailments and injuries with items from your pantry, medicine cabinet, and kitchen counter, you need *Old-Fashioned Cures and Proven Home Remedies That Lower Your Cholesterol and Blood Pressure, Improve Your Memory, and Keep Diabetes and Arthritis Under Control*.

Slash your risk of disease or reverse symptoms naturally, maintain a healthy weight, keep your mind sharp, even heal wounds quickly. Discover hundreds of folk and home remedies that really work, delicious healing foods, and much more.

- It controls blood sugar, cuts triglycerides, even lowers cholesterol. But it's not a drug ... it's a spice — and probably in your pantry right now! Don't miss out.
- BEFORE you use an herbal supplement, you can make sure it's safe by checking this free resource. Information is your best protection against harmful reactions.
- Simple, natural remedies that can lower your cholesterol, clean your arteries, and reduce your blood pressure — for good!
- Turn off a craving for sweets and melt off the pounds with an easy pantry weight-loss secret.
- Take a minute to check out these

natural ways to ease your back pain!

- Avoid high blood pressure and add delicious flavor to your meals with these spices. BONUS: They're also rich in antioxidants!
- Cut back on allergies. Simple tricks to keeping allergens to a minimum!
- Loss of balance, muscle weakness, incontinence, moodiness, and dementia ... all caused by a simple vitamin deficiency that your doctor probably can't detect with a routine blood test! Learn how to protect yourself.
- Tired and sluggish? Find out what kind of foods will give you more energy.
- Flush your arteries clean of plaque and fatty buildup with this highly effective, all-natural, and completely safe treatment!
- The herb that has as much anti-infection power as penicillin; it not only kills bacteria, but viruses AND infectious fungi, too!
- Check out 8 foods that practically "force" your body to lose weight!

TO ORDER A COPY

Old-Fashioned Cures and Proven Home Remedies for \$9.99. See coupon. ©FC&A 2008



"When You Should NEVER Eat RICE!"

If you want to lose weight permanently, boost your memory, and conquer tension, depression, and fatigue without expensive prescription drugs, you need *Super Foods for Seniors*.

You'll be amazed at how God-given nutrients can help you recapture your heart health, beat the blues, melt off pounds, and more! These astounding solutions for your health problems will help you to stop suffering and start eating again!

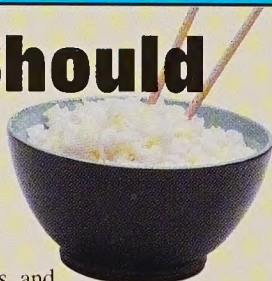
- A sharp brain at 70 — it may be as simple as eating two common vegetables!
- 6 ways to lose weight that actually work.
- The top 10 healing herbs: It's one secret your pharmacist can't afford to tell you!
- Secret cause of fatigue and muscle spasms — and the foods that can cure you.
- A spice that could help prevent 8 types of cancer? Read the amazing research!
- Good news — you can eat as much of this food as your body can handle! It has absolutely no

calories, and what's more, your body needs it to function at its peak.

- This miracle food contains nutrients that coat your arteries like a non-stick spray, keeping your blood flowing smoothly.
- People who eat this fruit may not only avoid cancer, but also heart disease, high blood pressure, high cholesterol, and Alzheimer's, and they could live longer. Take your pick — enjoy it fresh or dried.
- One type of fiber is practically a miracle fiber. Just two or three ounces a day can give you incredible health insurance against high blood pressure, high cholesterol, heart disease, and even obesity and cancer!
- Wake well rested and rarin' to go after a good night's sleep when you munch a handful of this fruit before bedtime. (It can ease joint pain, too!)
- A natural way to rejuvenate your veins and arteries that will have you feeling brand new.

TO ORDER A COPY

Super Foods for Seniors for \$9.99. See coupon. ©FC&A 2008



Coupon

Learn all these amazing secrets and more. To order your books, just return this coupon with your name and address and a check for \$9.99 per book, plus \$3.00 shipping and handling to: FC&A, Dept. 2677, 103 Clover Green, Peachtree City, GA 30269. You get a no-time-limit guarantee of satisfaction or your money back.

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☐ Quantity _____ BDBS *Amazing Diabetes Breakthroughs: Natural Remedies and Medical Miracles That Really Work*

☐ Quantity _____ B6FS *Super Foods for Seniors* 2677



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

Building more power for the people



By Brad Furr

Have you seen those new large, flat-screen plasma high-definition TVs?

Well, think about this: I learned recently that the current electricity demand of those TVs will require us in the U.S. over the next five years to build the equivalent of eight new 500-megawatt power plants just to run all the new plasma TVs in the nation. That's 4,000 megawatts for plasma TVs alone by the year 2013.

North Carolina's electric cooperatives own a portion of the Catawba Nuclear Station Unit 1 in South Carolina. It's a very efficient 1,129-megawatt nuclear power station. We would need three more larger plants just to power those TVs for Americans.

Bottom line: We need new plants that generate electricity in order to meet the rapidly growing demand. There's no way around it. The utility industry already is building them and planning to build more.

Not only do we need new power plants, we need the infrastructure required to get the new power to homes and businesses that need it. The infrastructure includes high-voltage transmission towers like you see marching across open spaces in America. It includes the substations that reduce the high voltage to a level that can safely be distributed to communities. It includes new poles and underground cable to get the power to you.


Because more and more people like living and doing business here, North Carolina and other Southeast states are seeing electric power demand rise faster than other regions. In the next 25 years, North Carolina's population is expected to grow by 50 percent. That's a lot of HD TVs.

The fast-growing regions of North Carolina—our metropolitan areas, the northeastern, southeastern and mountain counties—already are seeing new energy infrastructure being

built. Wherever you see new neighborhoods of houses being built, you may also see an electricity substation under construction nearby so the neighborhoods can get electric power when they need it. The two go hand in hand. Our cooperative in northeastern North Carolina in only a few years has built two new substations, and we currently are building a transmission line.

Siting a substation in the correct location can be compared to the design of a wheel. The hub is at the center of the wheel, and spokes connect the hub to the tire. The hub must be in the direct center or else the wheel will wobble. A substation is like the hub and needs to be located in the center of the electric load it will serve. The spokes are like transmission and distribution lines. Transmission and distribution lines need to receive power from the electric load center, the substation, in order to operate at maximum efficiency.

Like everyone else in the electric utility business, your cooperative is planning the best ways to get power to you when you need it, safely, and at the lowest possible cost. Our plans also include contracts for buying wholesale power, generation plants that go online during times of highest power demand, new sources of renewable energy, and programs to help you use energy more efficiently.

Because you own the cooperative that delivers your power and related services, you have a role in planning for the future. We hope that you will learn what you can about the methods and costs of producing electricity, and about how to use power safely and efficiently. 

Brad Furr is executive vice president and general manager of Albemarle EMC, the Touchstone Energy cooperatives serving nearly 12,000 members in Chowan, Perquimans, Pasquotank, Camden and Currituck counties. He also is secretary-treasurer of the North Carolina Association of Electric Cooperatives.



Sara at the Ronald McDonald House

I was so pleased to see the article by Mike Davis about the Ronald McDonald House ["This Makes Me Happy," October 2007]. Since June 2005, when my daughter was diagnosed with leukemia, we have made numerous trips to Pitt County Memorial Hospital. Being able to stay at the Ronald McDonald House saved me countless hours of travel time and, more importantly, I was able to stay close to my daughter and be in a comfortable, friendly environment. My daughter, Sara, has completed her treatment and has been declared cancer free, but we still stop by to visit our friends at the Ronald McDonald House any time we are in Greenville. We also look for opportunities to support the Ronald McDonald House. This year Sara is asking for donations instead of presents at her birthday party. Here is a picture I took of Sara at the Ronald McDonald House when Ronald himself was visiting.

*Terrie Hostmark,
Carteret-Craven Electric Cooperative*

Back home

I left my home state of North Carolina to follow the money to Michigan. After 14 long years, I was able to return to "God's country." Now I wonder why I ever left. I love hearing "yes ma'am" and seeing traffic stopped on both sides of the road for a funeral procession, and neighbors helping you without being asked. All of this may eventually become just a memory if our politically correct society has its way.

Pam Brewer, Blounts Creek, Tideland EMC

What children will say

When my children were little, they attended a Baptist day care center where they learned to recite many Bible verses. One day, Lexi, then 4 years old, asked, "Mom, if you were going to draw on God, would you use a magic marker?" I tried numerous times to explain that God is a spirit, and he can't be touched or drawn on. But she was adamant. "Oh, yes you can draw on God," she insisted. "It says so in the Bible. 'Draw an eye onto God and he will draw an eye onto you.'" ("Draw nigh unto God and he will draw nigh unto you." James 4:8.)

*Kimberly Nifong,
Carteret-Craven Electric Cooperative*



Passing it on

Roland Lowery, 86, of Monroe, might be saying to his great-grandson Corey Liles, "Son, I have been farming too long!" Mr. Lowery grew up on a farm in Anson County and later moved to Union County with his wife Billie G. Lowery, now deceased. He has been a longtime hay baler and raised pigs, goats, sheep and cattle. He has passed these farming experiences on to his children, grandchildren and great-grandchildren.

Beverly Liles, Monroe



A real animal?

This is my son, Blake Nunn, and the dog is Gretchen, who belongs to my aunt Myrt Hamm. My mother, Melba Nunn, lives in the country around Mount Airy (Surry-Yadkin co-op), and when we visited her, it was Blake's first experience seeing farm animals. He was 1 at the time. Gretchen was one of the first, if not the first dog he ever saw. My aunt got Gretchen to stand up. Blake is now 3 and has a baby brother, Jackson.

Mark Nunn, Concord

"We are from Carolina country"

I didn't know I was poor until I got older and someone told me. But even then I didn't think much of it, because I thought if I was poor I wouldn't be having so much fun. My three brothers and I had sandspur fights, played with 'possums in the yard, slid down sandhills in an old Coca-Cola sign (the metal round ones), and fished for supper a whole lot from the Triple-Ess pier. I cannot only relate to practically all those sayings, heck, I lived most of them.

Joseph Lockhart

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Four County Electric has a plug-in hybrid electric car

Last October, the Four County Electric Touchstone Energy cooperative converted a Toyota Prius into a plug-in hybrid electric vehicle (PHEV). PHEVs can increase fuel economy to more than 100 miles per gallon. The conversion took about four hours and could potentially double the fuel economy of a standard Prius, depending on the driving conditions. A PHEV uses an added lithium ion battery that can be recharged by connecting a plug to an electric power source, allowing the vehicle to rely on the electric motors more to consume less gasoline. The extra battery assists the vehicle for the first 35 or 40 miles, and then the car operates as a standard hybrid. Four County, along with three other co-ops in the nation, will be participating in the project. The co-ops will operate, maintain and monitor their PHEVs for performance in the coming months to provide information for continued efforts to promote the benefits of plug-in hybrid technology.

"Plug-in hybrid vehicles are future technology for reducing the use of gasoline and reducing harmful air pollutants while maximizing the use of cleaner energy. This could very well be a vision of things to come and we will be a part of it," said Dan Allen, Vice President of Customer Services.

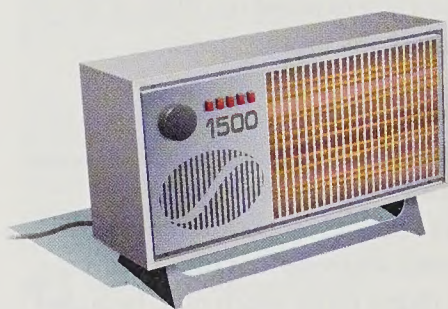


Four County Electric's Toyota Prius plug-in hybrid vehicle (PHEV) is basically a regular hybrid with an extension cord.

The conversion was completed by Hymotion, the conversion module manufacturer, and Advanced Vehicle Research Center, an automotive research and development company in Raleigh. Facilitating the conversion was Advanced Energy, a research organization in Raleigh that is supported by the state's electric utilities.

For more information about the Toyota Prius, contact Dan Allen at (888) 368-7289 or danpallen@fourcty.org.

How to use electric space heaters safely



The Illinois-based Safe Electricity organization urges extreme caution for those planning to use electric space heaters to help warm homes this winter.

Approximately one-third of all house fires nationwide occur during the cold home-heating season of December, January and February. According to the National Fire Protection Association (NFPA), the major cause of these winter fires can be attributed to faulty and improper use and maintenance of supplemental heating equipment, such as space heaters.

"Portable heaters can help take the chill from areas of your home, but are very dangerous if used improperly," says Molly Hall, Safe Electricity director. "Stay warm and safe, and give space heaters space—at least 3 feet from anything that can burn, including little fingers!"

Before purchasing or using any type of space heater, check with your local fire department to find out if it is legal in your community.

Safe Electricity offers the following precautions when using electric space heaters:

- Purchase only space heaters that have been safety tested and UL approved. Make sure the unit is equipped with an emergency tip-over shut-off feature and heating element guards. Read and follow all of the manufacturer's instructions for operation and care.
- Before use, check to make sure the heater is clean and in good condition, and have all problems professionally repaired.
- Place heater out of high-traffic areas and on a level, hard, non-flammable floor surface—NOT on carpets, furniture or countertops.
- Remember to keep space heaters at least three feet from all combustible liquids like fuel, spray cans and paint, as well as flammable items such as draperies, blankets and sofas.
- Never allow pets or children near an electric heater. Accidental contact could result in serious shock or burns.

- Do not overload circuits. Never use extension cords or multiple plugs with a space heater, and make sure the unit is not plugged into the same circuit as other electric appliances.

- Never leave space heaters unattended. Turn off your space heater and unplug it before leaving the room or going to bed.
- Consider replacing older space heaters with newer, safer models. Also, look for features that enhance the safety of the unit including an electronic thermostat which allows precise temperature control to avoid overheating.

Many people also use electric blankets to keep warm during cold winter nights. Before plugging in electric blankets, check for any damage and inspect cord for frays, cracks or cuts. Electric blankets should not be tucked under the mattress and nothing should be placed on top of the blanket while it's in use, including comforters and bedspreads. Never dry clean an electric blanket; the chemicals can damage the heating insulation and increase the risk of fire. Also, pets should never be allowed to sleep on the electric blanket.

For more electrical safety information, visit www.SafeElectricity.org.

WHERE IN CAROLINA COUNTRY IS THIS? →

MORE POWER TO YOU



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Jan. 9 with your name, address, phone number and the name of your electric cooperative.

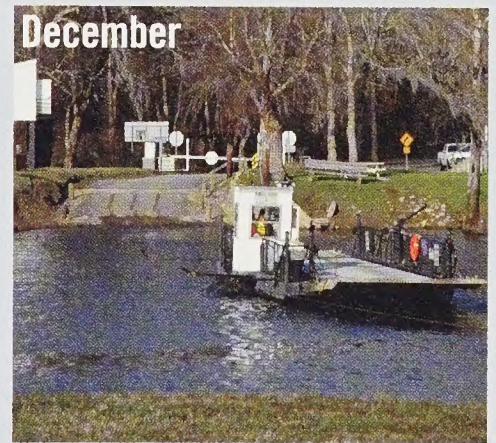
By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
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Raleigh, NC 27611

The winner, chosen at random and announced in our February issue, will receive \$25.

December winner:

The December photo showed the Elwell Ferry that crosses the Cape Fear River in Bladen County between Kelly and Carvers Creek (Four County Electric's area). We received more than 300 correct replies from all over the state (plus others identifying it as one of the other two inland cable ferries in the state: Parker's in Hertford County and San Souci in Bertie County). Henry S. Grange of Riegelwood gave us this: "The Elwell Ferry began operation in 1905. Two brothers, John R. and Walter H. Russ, began the service which crosses the same point to this day. At the time, the Elwell Ferry was one of numerous river ferries in the state and the country operated by local residents to connect local farms and villages to each other. Today, the ferry is owned and operated by the N.C. Department of Transportation. The free ferry holds a maximum of two passenger vehicles or about four tons. It runs from 6 a.m. to 6 p.m. spring and summer and from sunrise to sunset in the winter and fall. On average, 60 to 80 vehicles per day utilize Elwell Ferry." Correct answers were numbered and the \$25 winner chosen at random was Rick Morris of Bladenboro, a member of Four County Electric.



Co-ops give \$515,000 to teachers for innovative classroom projects



BRIGHT IDEAS

Electric cooperatives across the state awarded more than \$515,000 in Bright Ideas grant monies to approximately 500 teachers in the fall. Bright Ideas grants are awarded to educators whose commitment to the classroom is distinguished and inspirational.

A luncheon was held in November at the Raleigh Marriott Crabtree Valley to honor winning teachers from Raleigh and surrounding counties. In addition, a dinner was held in Greenville to honor winning teachers from the eastern part of the state.

One winning teacher from Crown Point Elementary, located in Matthews, received a special surprise when Sir Purr, the Carolina Panthers' mascot, arrived with Panthers linebackers Adam Seward and James Anderson to award the teacher her grant.

North Carolina's Touchstone Energy

cooperatives recognize that success in the classroom comes from more than textbook lessons and that teachers with "bright ideas" add incalculable value to the educational process. To encourage such innovation, the electric cooperatives offer Bright Ideas grants, which provide North Carolina K-12 teachers up to \$2,000 to finance yearlong creative projects that would otherwise not be funded.

In addition to stimulating student participation, these diverse classroom projects, which frequently benefit the school and its greater community, integrate multiple academic subjects, cutting-edge technology, social awareness and multigenerational relationships.

Students in Kinston will create pottery soup bowls, make soup and plan a fundraiser to equally benefit the school's art department and the local soup kitchen. A Fayetteville elementary teacher will spearhead painting the school's blacktop with a North Carolina map to encourage students

to learn the state's geography and improve physical fitness. A Southern Pines high school teacher will lead her students to work with teams of nearby kindergarteners to foster math and reading skills. A middle school teacher in Wilmington will promote uses of alternate energy sources when his students create solar-powered vehicles from recycled materials. An elementary music teacher near Charlotte will integrate music education with North Carolina history so that fourth graders discover how folk songs, spirituals and Native American music helped shape the early history and culture of the state.

These featured classroom adventures, a small sampling of almost 5,000 funded projects that have reached more than 850,000 students, show how the Bright Ideas grants enhance textbook lessons and appeal to all types of learners. Since it began in 1994, the program has awarded more than \$5 million in grant money to North Carolina teachers.

Carteret-Craven, Harkers Island co-op members approve merger

An overwhelming majority of members of both Carteret-Craven Electric Cooperative (CCEC) and Harkers Island Electric Membership Corporation (HIEMC) cast votes in favor of merging the two organizations, effective Jan. 1, 2008. More than 90 percent of the votes cast by members of both cooperatives were in support of combining the two organizations.

"With prices of consumer goods—from gasoline to groceries—continuing to rise, our cooperative members have essentially voted to give themselves a raise, which will put more money in their pockets each month to pay for other things," said HIEMC board president Clifford Rice, who will serve on the board of the combined organization. He said more than 60 percent of

Harkers Island members cast votes.

The directors and staff of both organizations met jointly and independently over several months to review an independent merger study and weigh the benefits. The two boards unanimously adopted resolutions recommending the merger and called for the member vote. Ballots were counted and the results announced at separate meetings of the cooperatives on Nov. 29.

Harkers Island members will become members of Carteret-Craven Electric Cooperative and will see a significant reduction in their electric bills, reported co-op officials. Board members said that escalating costs were the primary impetus behind the merger proposal.

Carteret-Craven management said the merger will have no impact on bills of the existing CCEC members. The existing office and warehouse facility on Harkers Island are expected to enhance service to all Down East cooperative members.

Because both cooperatives operate under the same not-for-profit business model, all members of CCEC will continue to have the same benefits they had in the past, including capital credit refunds, voting rights and more.

"We are pleased that our two cooperatives could work together for the benefit of all members," said CCEC board president Jerome Meadows. "One of the seven cooperative principles is 'cooperation among cooperatives,' and this merger illustrates that principle at its best."

Try This!

Q: We have a compact fluorescent bulb (CFL) in a lamp on a timer and it has been burning for years. But we are not sure we will invest in any more since we have read that CFLs contain a hazardous material. We have read that if broken you practically need a hazmat team to clean up! How will they eventually be disposed of in landfills?



John & Ann LePere, Cape Carteret, Carteret-Craven Electric

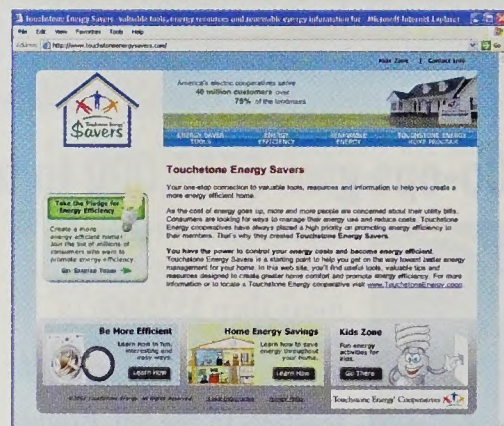
A: Don't give on the CFL lamp in your home. Yes, CFLs contain mercury, and yes, if you read about their clean-up after a bulb is broken, it sounds scary. Fact is, CFL lamps contain a very small amount of mercury, about the amount that would cover a ballpoint pen, to operate efficiently. The amount is hundreds of times less than our old thermometers or mercury-switched thermostats. If contained within these bulbs, and disposed of properly, the mercury never enters our environment. In fact, the energy saved by utilizing these bulbs contributes to reducing mercury into the environment from coal-fired power plants to the tune of 7.6 milligrams per bulb over a five-year life. This is a net reduction in mercury entering our environment by using these lamps.

You can and should properly dispose of CFLs. Some co-ops have recycling drop-off locations. Also, ask your county for the nearest Household Hazardous Waste collection site. If one is not offered, trying logging onto www.earth911.org for more details

Can you help others save energy?

Send your conservation ideas or questions to us.

P.O.Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com



Touchstone Energy Savers

A new Web site created by America's Touchstone Energy cooperatives can help consumers conserve and use energy efficiently. The site is www.touchstoneenergysavers.com. The site includes a guide to saving energy in all areas of a house, a calculator on how compact fluorescent bulbs can save money, how to choose an efficient water heater, information about renewable energy, energy conversation videos, and a place for kids.



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AMERICA'S “Perfect Storm”

Will the country be able to keep up with the growing demand for energy?

By Jennifer Taylor

“With a shortage of electric capacity, huge increases in demand for power, and the cost of climate change, we have the making of a perfect storm.”

Glenn English
National Rural Electric
Cooperative Assn.

It's hard to escape the media coverage surrounding climate change. Lawmakers, business leaders, clergy and environmental groups compete for sound bites. According to ABC News and other recent polls, the American public is generally aware of climate change and the need to reduce greenhouse gas emissions. They are unclear, however, about what needs to be done, who should do it, and what it will cost. Resoundingly though, consumers say they don't want to get stuck with a big price tag to pay for climate change solutions.

Solutions to curbing greenhouse gases, including carbon dioxide, include energy efficiency, new technologies (such as finding ways to store carbon dioxide emissions produced by coal- and natural gas-fired power plants), nuclear power and renewable energy resources. But what will these solutions cost? According to one article

last year in The Washington Post, electricity bills could rise by 25 to 33 percent just to “stimulate and pay for new technologies.”

“All of this presents a huge challenge for electric utilities, especially electric cooperatives,” says Glenn English, CEO of the National Rural Electric Cooperative Association (NRECA), the service arm of the nation's 900-plus not-for-profit, consumer-owned electric co-ops. “Electricity demand is increasing because of growth, and we need to build more generating plants and transmission lines to meet this growing demand.”

According to the North American Electric Reliability Corporation—which oversees reliability of the bulk power system covering the United States and most of Canada—demand for electricity will increase over the next 10 years by 18 percent, although the electric industry's

capacity to generate power will increase by only 8.5 percent.

A longer-term forecast by the U.S. Department of Energy predicts that demand for electricity will increase by 40 percent over the next 25 years. Clearly, the country could face brown-outs and blackouts unless additional power plants are brought into service.

“We have an obligation to keep the lights on and prices affordable at a time when the costs of fuel and raw materials to build new generation are skyrocketing,” states English. “With a shortage of electric capacity, huge increases in demand for power, and the cost of climate change, we have the making of a perfect storm.”

Based on calculations by Charles River Associates, a utility analysis firm, climate change proposals currently circulating in Congress, if passed, could result in a 50 to 80 percent increase in wholesale power costs by the year 2020. Translate that into retail rates and electricity bills could climb by 25 to 40 percent.

“When it comes to climate change, Congress will legislate, the U.S. Environmental Protection Agency will regulate, and state and local governments are already moving forward,” says NRECA Vice President of Environmental Issues Kirk Johnson. “With carbon constraints in our future, it’s essential that lawmakers and elected representatives understand the financial repercussions their political actions could cost Americans.”

The New York Times and The Wall Street Journal observed this past summer that the issue of cost should be put on the table. If climate change legislation is not handled intelligently and carefully given these accumulating factors, electric bills could double or even triple, based on the best available estimates.

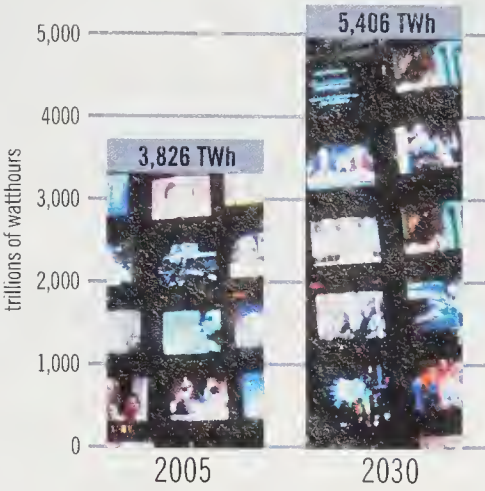
The Electric Power Research Institute (EPRI), a non-profit utility-sponsored consortium, whose members include electric co-ops, has developed a seven-part plan to reduce carbon dioxide emissions based on technological solutions including energy efficiency, carbon capture and storage, and renewable sources.

Although ambitious, the EPRI model would cut carbon dioxide emissions to 1990 levels (45 percent) by 2030.

Energy efficiency, by reducing the amount of power needed, remains one of the easiest and most cost-effective ways to reduce carbon dioxide emissions. Over the past three decades, electric co-ops have emerged as leaders in helping their members use electricity wisely. However, energy efficiency alone can’t indefinitely postpone the need to build new power plants or solve climate change. EPRI notes that efficiency improvements will reduce electric demand just 9 percent over the next 22 years

Renewable energy and nuclear power development are greatly impacted by massive global price increases for raw materials like nickel, copper, steel, and concrete, all of which raise construction costs for new generating plants. And renewable energy sources, like wind turbines, require transmission lines to move any power generated. At present, the nation’s electric grid is not equipped to do so.

With 50 percent of the nation’s power supply produced by burning coal, research and development of carbon capture and storage technology becomes crucial for keeping coal-fired power plants viable—and the lights on. EPRI asserts, however, that cost-effective carbon capture and storage technology will take years, if not decades,



Demand for Electricity to Increase 40%

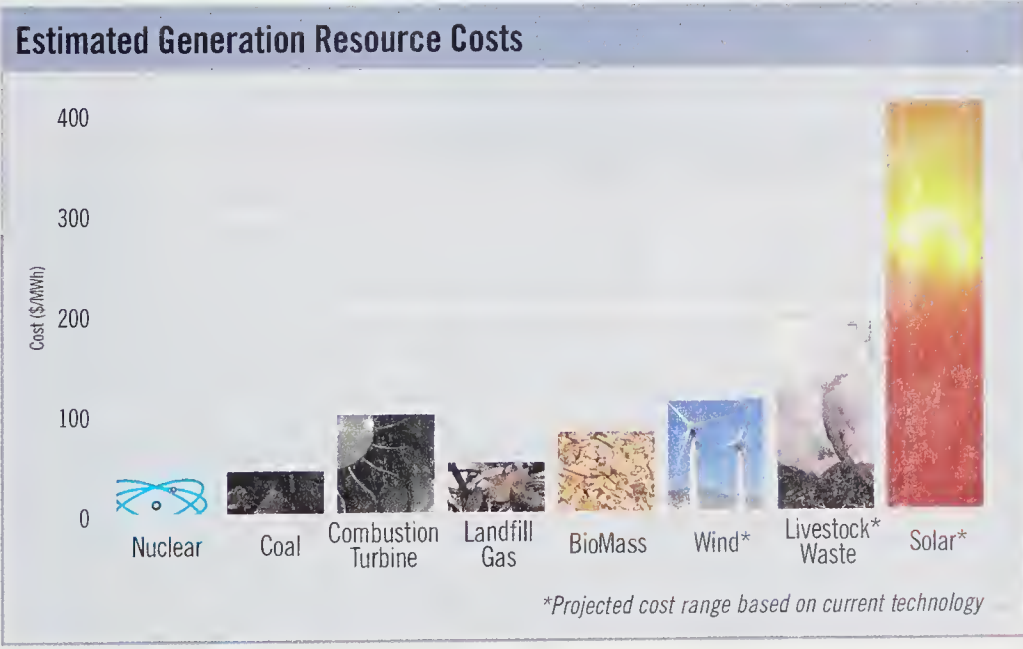
Sourec: US Energy Information Administration

to become commercially available. The best guess – assuming the federal government embarks on a massive \$30 billion research and development program (bigger than putting a man on the moon)—affordable carbon capture and storage technology could hit the market as early as 2020.

Since no single “silver bullet” solution for tackling climate change exists, electric co-ops are working closely with policymakers to seek long-term, practical, and affordable remedies to our nation’s energy challenges. Through it all, electric cooperatives remember their commitment to delivering a reliable supply of electricity at a competitive price. Ⓢ

Jennifer Taylor is a consumer and cooperative affairs writer with the National Rural Electric Cooperative Assn.

Sources: National Rural Electric Cooperative Association, North American Electric Reliability Corporation, Electric Power Research Institute, Department of Energy, Charles River Associates, The Washington Post, The New York Times and The Wall Street Journal





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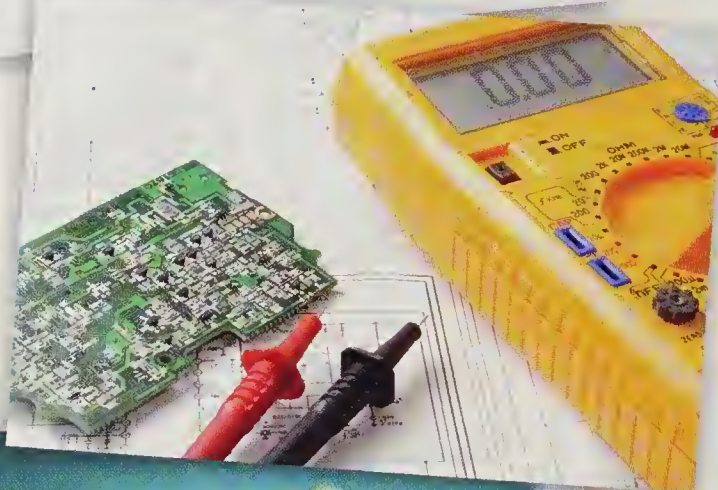
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- Cara

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RESPONSIBILITY 101



Text and photos by James Aldridge

Sensible energy use and environmental protection are taught throughout Carrboro High School

We all know that an effective way to teach young people is to set a good example. When it comes to teaching them to respect our natural resources, to use them carefully and to avoid wasting them, we can show our children good examples at home every day.

We also can show them good examples at school every day.

Carrboro High School in Orange County is a model for demonstrating to students, teachers, staff and visitors how a large gathering of people in a large building every day can apply sensible energy use and respect for our natural environment.

Piedmont Electric Membership Corporation, the Touchstone Energy cooperative based in Hillsborough, proudly includes among its member accounts Carrboro High School, the newest school in the Chapel Hill-Carrboro City School System. The school opened its doors to students on Aug. 23, 2007. Students filed into the building that day just as they did in schools all across the state. The freshmen I greeted in my English class had the same excitement and apprehension as all of North Carolina's other ninth graders.

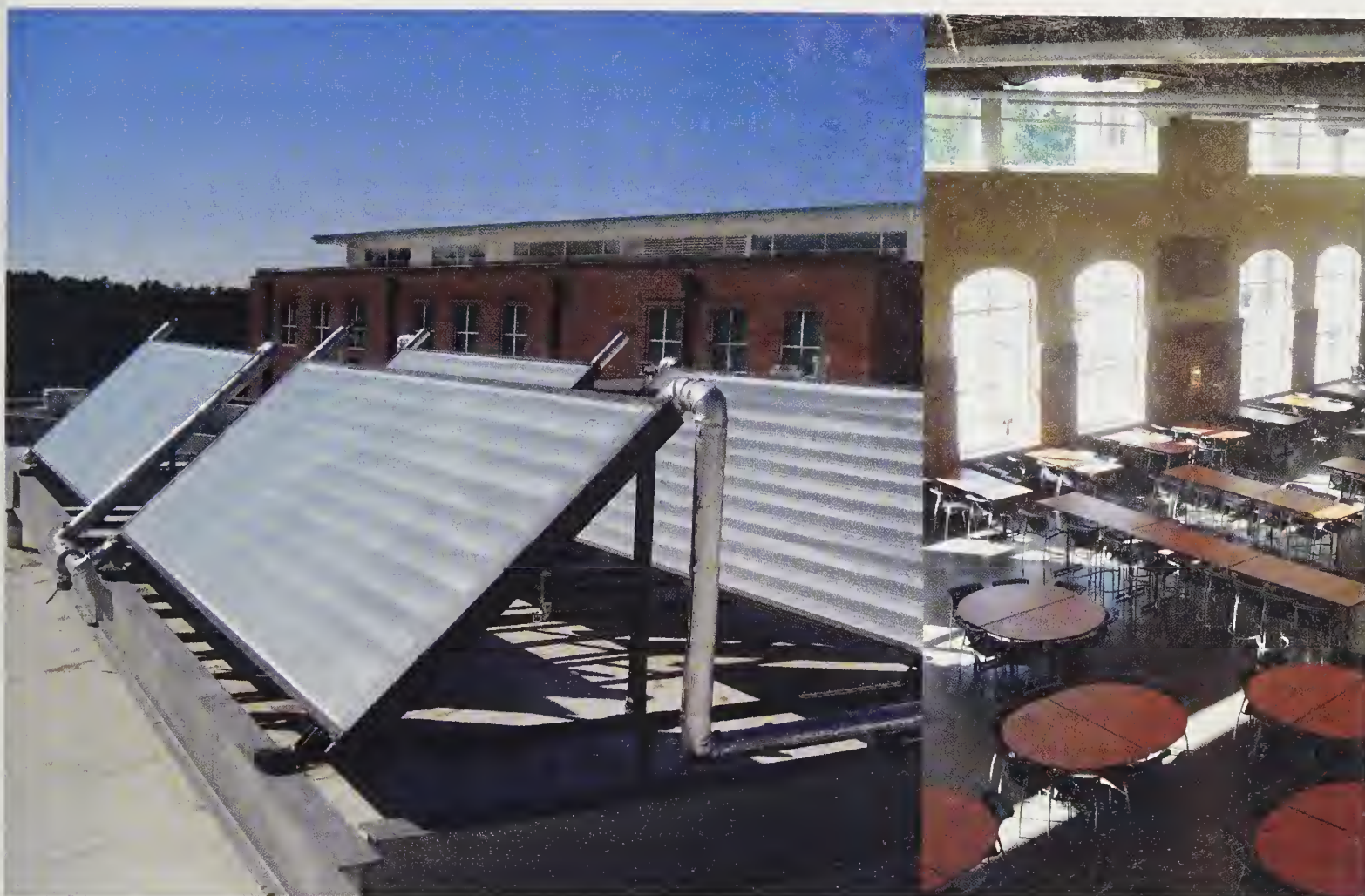
But these young "Jaguars" may not have noticed at first just how different their new school is.

The building was designed according to the school district's "High Performance Building Design Criteria" policy, which emphasizes energy conservation, water reduction, high efficiency lighting and positive indoor air quality. The result is a state-of-the-art "green" school that is both cost effective and energy efficient without sacrificing the needs or comfort of students and teachers.

Carrboro High School hosts a number of environmentally friendly features. Three cisterns, each holding 35,000 gallons, collect filtered rainwater for use in toilets. Overflow from these cisterns and other rainwater is collected in retention ponds and is used to water athletic fields. This will save an estimated 1.25 million gallons of potable water per year.

Classrooms, the gymnasium, the media center and the "Café Commons" feature large windows that provide ample natural light. Fluorescent lights supplement the natural light on rainy days and at night. Occupancy sensors in classrooms automatically turn off these lights if no one is in the room.

Photos (top left to right): The Carrboro High School parking lot reserves prime spaces for alternative fuel vehicles. Solar energy pre-heats hot water, and photovoltaic panels provide electricity to run some equipment inside. Natural light in the "Café Commons," as well as classrooms and the gym, lend to a pleasant daily experience and are supplemented by fluorescent lighting on rainy days and at night.



The roof of the building has an Energy Star compliant, highly reflective membrane that helps keep the building cool. This also helps to avoid the “heat-island effect” that can damage surrounding vegetation.

Solar energy is used to pre-heat hot water, and photovoltaic panels provide electricity to run some of the motors in the mechanical room.

The building’s doors were manufactured using wood from forests that are managed and protected. Many of the materials used in construction came from recycled products, including the drywall, carpet and furniture.

In an effort to reduce emissions during the building phase, 20 percent of construction materials were extracted or produced regionally, and tons of rock from the site were ground up and used underneath the asphalt parking lots. While the school was being built, a construction waste diversion system was put in place to recycle or reuse 30 to 60 percent of all construction waste materials.

The school’s commitment to the environment even extends to the

parking lot where prime parking spots are reserved for alternative fuel vehicles.

The 148,000-square-foot school was designed by Moseley Architects and has been registered with the U.S. Green Building Council as a LEED project (Leadership in Energy and Environmental Design). The U.S. Green Building Council is a non-profit organization that seeks to “promote environmentally responsible, profitable and healthy places to live and work.” So far, there is only one other LEED-certified school in North Carolina, Third Creek Elementary School in Statesville, also designed by Moseley Architects.

Conducive to learning and pride

I once thought that, in order to be environmentally responsible, we have to sacrifice some measure of performance or comfort. After teaching in the building for just a few weeks, it was clear to me that the school is as conducive to student learning as any school should be. The “green” features almost go unnoticed. The natural lighting in the classrooms is sufficient and actually more pleasing than artificial light.

The energy-efficient cooling system has kept the building at a comfortable temperature even through some sweltering 90-degree days. By designing the building for optimum efficiency, Moseley Architects states that the emissions saved by Carrboro High School “is the equivalent of 1,638,000 vehicle miles traveled per year.”

As a teacher, I am proud to work in a district that acknowledges the importance of environmental stewardship and is taking steps toward building a more sustainable community. I feel confident that, in terms of taking care of the environment, we practice what we preach. The impact of Carrboro High School, beyond the environmental benefits, beyond the long-term economic savings, beyond providing students with an excellent education, will be providing proof that environmental responsibility is an attainable reality that only requires commitment, not sacrifice. ☺

James Aldridge is an English teacher at Carrboro High School. For more information about the school, visit the Web site at www.chccs.k12.nc.us/chs. Phone: 919-918-2200.

He must have thought he could ignore me until I'd go away

Stories of how you met the love of your life

No more ignoring

I was working at a cafeteria. The prom was about two months away and I had not been allowed to date, so I didn't have a date for my prom. There was a sophomore who washed dishes in the back. I asked around and found out that he didn't have a girlfriend. So I set out to ask him. But he had been told what I was up to and was avoiding me like the plague.

I was getting desperate and running out of time. With only two weeks before the prom, I got to the cafeteria early on a Saturday while he was mopping. He must have thought he could just ignore me until I decided to go away. I walked right up to him and planted both feet on the mop and asked if he would take me to the prom. Four years later we were married, and 16 years after that we are still together.

Shelly Hutchins, Spindale, Rutherford EMC



Hospital romance

I was 14 years old and Harry was 16. We both had appendix surgery at the same time in Cabarrus Memorial Hospital in 1951. We had the same doctors, Dr. Floyd and Dr. Liles. We were married November 21, 1959.

Bette Blume, Concord



It took church, cabbage and 527 letters

In August 15, 1960, I met my future wife on a pair of roller skates. She was 17 at that time. For me it was not love at first sight. I did not know anything about this girl. So when I took her home and asked for a date for the next Sunday night, she said I'd have to go to church.

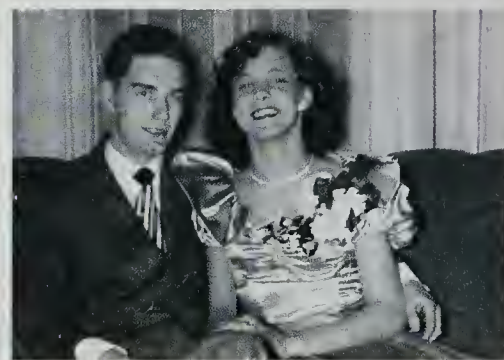
After about four Sunday night dates she told me that her plans were to go to nursing school after high school. My reply was, "I'll do anything to keep you from going."

Then came Christmas. My first present for her at the family Christmas Eve party was a very big cabbage. I'll never forget what her grandma said that night: "It better not be a diamond ring. If it is, I'll take it away from her and give it back to you."

She did three years of nursing school. When she was on her last nine months of nursing school, I got drafted in the Army. After 527 letters (she wrote 424, I did 102) and five years and two months, we got married, Oct. 2, 1965. In those letters she wrote over 1,000 times, "I love and miss you very much."

A few days ago, I told her, "I love you." Her reply was, "I love you, too."

Louis Talmadge Mead, Elizabeth City, Albemarle EMC



Brown-eyed boy

It was a cold February day in Michigan in 1949. I was just beginning my junior year of high school. I was sitting in homeroom when a tall slim man with wavy brown hair walked into the room. He was wearing a uniform, and he had the most beautiful brown eyes I had ever seen. I turned to the girl next to me and said, "That's the man I'm going to marry." I soon found out that he was 21 years old and had just returned from three years in the Air Corps and was finishing high school.

We saw each other around school that spring, but I didn't see him all summer. We had our first date in the fall, when school started again. We went to a drive-in-movie. It was pouring rain and his car leaked, but that didn't matter.

We were married in February 1951. Now six children, 11 grandchildren and four great-grandchildren later, we are still together. The wavy brown hair is gone, but I still look into those beautiful brown eyes everyday.

Mary Porter, New Bern, Tideland EMC



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Thanks to everyone who sent us stories of how you met and pictures to go with

them. You can see more at our Web site. Next month we'll publish stories of your first job in the working world. [Deadline was Dec. 15.] For more themes and rules in our "Nothing Could Be Finer" series, see page 19.



Midnight madness

It was midnight, and I stood in front of her house. We were 19 and 16, had met that summer, and I was smitten. Following her home from a party, I shamefully stood in the darkness near his convertible listening to her argue with the now, ex-boyfriend. My heart pounded at the possibilities.

She fled to her house. He left in a huff, and I stood, scared to knock on her door. Was I standing at one of life's crossroads? To my horror, her mother answered the door, but welcomed me, and said, "Yes, Sue is still awake." Clammy palms didn't prevent the fateful question when I saw her.

The hike in the woods with this beautiful girl was a blur. Life was exceptionally sweet and showed the promise of wonderful things to come. Mom asked about this special date I had mentioned and was upset when I simply said, "I'll marry this girl someday."

Despite our age, separation during college and the Navy, we wed. Thirty-eight years have passed, each one more precious than the last as we age gracefully together.

Fools rush in where angels fear to tread, but I thank God for that nudge to take the first step.

Larry Holland, Taylorsville, EnergyUnited

Reunited with Earl

My husband and I met through one of my family members. He told me that he was new to town and needed someone to be his friend. When I got the piece of paper with his name on it I thought it was funny. "Earl" is my dad's name, too.

I got home that evening and called him. He was so different, honest and very straightforward. I fell in love that first night. The second night we picked out our baby names. The third day we met. I found out that he wasn't a stranger and that we had gone to elementary school together in West Virginia. Here we were reunited more than 11 years later.

We have been married for almost three years and have a beautiful little girl, Mikayla, who is 1.

In life, every day is a struggle, but sometimes you can find someone who knows you so well they complete you. For every woman or man still out there looking, here is some advice: Look after yourself, and love will find you. It happened to me.

Susan Caldwell, Cameron, Central EMC



Fatherly love

My husband Anthony is deployed in Iraq and returned home to Fort Bragg the very night before our son David was born at Womack Army Hospital. It was certainly love at first sight when David was born. Anthony was so excited about it, he followed the baby to the NICU unit and stayed with him the entire time, leaving me by myself in recovery for three long hours. He was so in awe of bringing a new life into the world he forgot to check on me. He had to return to Iraq right after David was born and left story-time recordings so our son can hear his daddy's voice on a regular basis.

Andrea Valdez, Fayetteville, Lumbee River EMC



Two stepping

On August 24, 1997, Sam Allen and I met. It was definitely love at first sight, and a love that God had in store for us. We lived in different towns and had never met prior to this day. My younger sister (age 10) had actively been going to the Palimino Country Club in Fayetteville for family night. One night she begged me to go with her, and after a big guilt trip, I went.

Shortly after we arrived, a slow song began to play, and a young guy asked me to dance. My answer was "no," because I didn't really know how to dance. Dragging me onto the floor, he insisted that I was going to dance and enjoy myself. As we danced, he pointed to his friends who usually came with him on family night. That is where I spotted Sam. I asked my dancing man to introduce me to all of them. Later in the evening, they offered "two-stepping" lessons. They told the guys to find a partner, and Sam picked me.

We have been together since the age of 17. We dated for four and half years without ever being separated. We married in 2001. We had our first beautiful daughter, Olivia, in 2004 and our second beautiful daughter, Violet, in 2006.

It was definitely a God-sent marriage and family.

Angela Allen, Tar Heel, Four County EMC

A day later, I knew

I was in the Marine Corps, stationed at Marine Corps Supply Center, and was looking for a place to stay off base. A buddy of mine suggested that I stay at his house that he rented with two others. There was a spare bedroom. I accepted and followed him to the house. There I saw a pretty little country girl standing in the kitchen cooking. I asked my friend

continued on page 18

if she was somebody's girl or what, and he told me that she was just living there helping with rent and was not attached. I went over and started a conversation with her and the next thing I knew we had talked until 4 a.m.

We finally went to sleep in our own rooms, and the next day I asked her to marry me. She told me that she had to know somebody at least two weeks before she would marry anyone. I waited the two weeks and asked her again. This time she said "yes," so we went downtown to the County Ordinary's Office and got a license and were married the next day.

Everybody said it would not last, but on Feb. 26, 2008, we will celebrate our 37th wedding anniversary.

Gary E. Tice, Creedmoor, Wake Electric



A match made online

Dave was living in Wilmington and I lived on the beautiful Crystal Coast. We had both been married before and were living alone. We dreamed of finding someone special to share the rest of our lives with.

We had heard about Match.com and how you could read a person's profile and view their picture on the Internet. You could send e-mail and arrange a time to meet. We were both skeptical at first. For me, it was a little scary. I prayed about it and decided it was worth a try.

We each tried meeting other people in public places. None were our type. I was looking for someone who loved God as much as I do.

One day I was scrolling through the profiles with my grandson on my lap. He picked out Dave's picture and said, "Grandma, that's the one you need to go out with." I said, "O.K. Let's send him an e-mail." After sending e-mails, we talked on the phone a couple of times, then he

drove from Wilmington to meet me at a restaurant at Atlantic Beach.

Our next date was a day trip to Ocracoke Island on the ferry. It was a beautiful picture-perfect day. One year later we were married outside at Fort Macon.

Faye Hashley, Morehead City, Carteret-Craven Electric



Chemistry

In the summer of 1995, Brent and I met and hit it off while taking summer classes at a local community college. My mother-in-law says, "They met in chemistry, which it turned out to be!"

We had a lot of the same friends back at college. In fact, months earlier one friend had tried to set us up with each other, but we both had declined.

In the fall of 2001, my grandmother passed away. My mother asked if I would like to keep a particular picture that had been her mother's. When we looked at it, my husband said, "I cannot believe this!" The picture had been at my grandmother's house for years. It was of a white bench at Dixon Gallery and Gardens in Memphis, Tenn. This was the exact spot where my husband proposed to me.

We still believe to this day that a higher power was guiding us to each other. With almost 10 years of marriage, one little girl and a little boy on the way, we know that it was nothing short of destiny.

Mandy Styles, Pikeville, Tri-County EMC

A blow to the head

My first encounter with my husband was when I threw a piece of coal that hit him in the head. Back in 1953, I was in the 3rd grade at Beulaville Elementary School, and Jackie Creech was the teacher's pet. I did not like it or him! We used to play in the coal pile that was used to heat the school. One day, I picked up

a piece of coal and hit him in the head. Eleven years later we married. Shortly after, a cyst developed on Jackie's forehead. The doctor had to remove the cyst and said it was a reaction to a foreign object—the coal from 1953!

We will celebrate our 43rd anniversary in February.

Kaye Creech, Beulaville, Tri-County EMC

Dunkin Donuts bargain

My husband and I believe in love at first sight. We met as teens in 1979. While I was working at Dunkin Donuts, his brother and father would come in, but Dale would just sit outside and wait. I told his brother I wanted to meet that cute boy and told him to make his brother come in and talk to me.

One day he got up his nerve and came in. He had the face of an angel, and he was dressed in paint-spattered work clothes. I took his order and served him with a big smile. When finished eating, he shyly walked up to the register to pay and said, "Do you want to go for a ride in my car?" Of course, I agreed.

I told a co-worker what had happened, and she offered me \$5 to let her go out with him instead. I turned her down.

We went out on a date that night and were married the next year. Now, 27 years later, we have raised three beautiful daughters and are very happy. What a bargain my husband got for his money: Soda pop, doughnut, and wife! And I'm glad I didn't sell him for that \$5!

Mary Roach, New London, Union Power Cooperative



The good friend

Fifty years ago on an October afternoon, I was taking dictation from a telephone company supervisor when he dictated, "I know who would be the perfect match for you!"

This didn't connect with the dictation for telephone letters. But the supervisor continued, "My good friend just returned home from Germany after filling his two service years with the Army. You two would be good together."

I responded, "Thank you. I'm not interested."

Nothing more was spoken of the "good friend" until one Saturday morning shortly after that dictation when the office was working overtime. Dressed in jeans, a boy's plaid shirt, no makeup, and my hair in curlers, I looked up and who should walk up to my desk with the supervisor but a good-looking guy, the supervisor's friend. Apparently, my looks didn't discourage him. That evening we had our first date. It was the night I fell in love.

Three months later the "good friend" (now my best friend) was back at college finishing his degree. He called to ask, "Will you marry me?"

I became his June bride 50 years ago this past June.

Mary Lou Helt, North Wilkesboro, EnergyUnited



The fisherman's daughter

What was I thinking? Her daddy had arms like a 9-pound hammer. He was a hardcore, lifetime fisherman from Alaska, a true salty dog. What was I thinking?

Her sister Cathleen invited me to her church one Sunday morning and dragged me right down front at the altar to be introduced to Pamela. Pamela had little interest in me at the time, because I was four years younger. I felt pretty much the same, because I was not looking for an "older woman" either. Also, I had this secret fear that after a few years with any woman our love would grow cold. But I never told anyone this.

One cold winter day, Pamela and I went with some friends at a restaurant and found that hot coffee and ice cream made a wonderfully romantic combination. We dated six months before we kissed.

We're going on 23 years and six kids later. My love for Pamela is stronger than ever. What was God thinking?

Carter Eby, Huntersville, EnergyUnited

Young love

I am a young woman who loves your magazine. I read just about every article. I know you are probably looking for "old love" to respond to "How We Met." But I would like to share my story anyway.

I first met my love at work. It wasn't love at first sight. He walked up to me and introduced himself. He smoothly squeezed into the conversation how we should get together sometime. He worked at a different location, but when our paths crossed, he would ask me out and I would turn him down. I didn't believe he was really interested, like most young men.

I ended up working with him every-day. We became friends. One weekend we went out of town, with some friends, as friends. The day after we returned, he told me he loved me. I must admit I had very strong feelings for him.

Now we have been together six years, and I'm sure more to come. We have two children and one on the way. Our love for our family and each other constantly grows. My love and I are proof that you can't have "old love" without beginning with the young.

Rosa Chauncy, Edenton, Albemarle EMC



"Last Dance" romance

In late 1970 I was getting over a bad relationship and some friends invited me to go dancing. We started going to Stony Gap Square Dance on Stony Gap Road in Albemarle (now a flea market). I commented to one of the girls that there were several nice-looking young men from Norwood. She and some of the others informed me that I had not seen the best-looking one, Billy Steen, but that he was engaged to be married. I thought no more about it.

In mid-December on a Saturday night, when I came off the dance floor, I walked the man of my dreams. I had often dreamed of marrying a tall, dark handsome man, but in my dreams I could never see his face. I was stunned, I wanted to dance with him, but all at once I was too overwhelmed to ask. Since he would not come to me, I had to go ask him to dance. We danced to Floyd Cramer's "Last Dance."

He held me so close and snug, my feet never seemed to touch the floor. I felt like a princess who finally met her prince.

We got married on August 5, 1972, and remain together still. After 35 years, three children and 11 grandchildren we still hold a special bond that despite all odds has kept us together. ☺

Sandra Steen, Norwood, Pee Dee EMC

send us your best EARN \$50

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

March 2008

Garden Photos

Send photos of your garden and the stories behind them.

Deadline: January 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.

April 2008

North Carolina Vacation

Photos Where did you go, when, what happened?

Deadline: February 15

5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.

May 2008

A Pet's Palace

The best home your pet ever had. Send photos, if you have them.

Deadline: March 15

8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616 Or by e-mail: finer@carolinacountry.com Or online: www.carolinacountry.com



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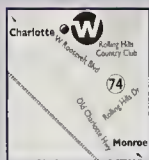
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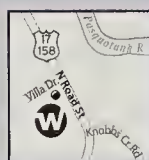
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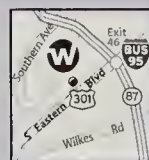
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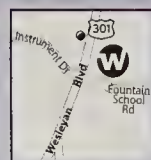
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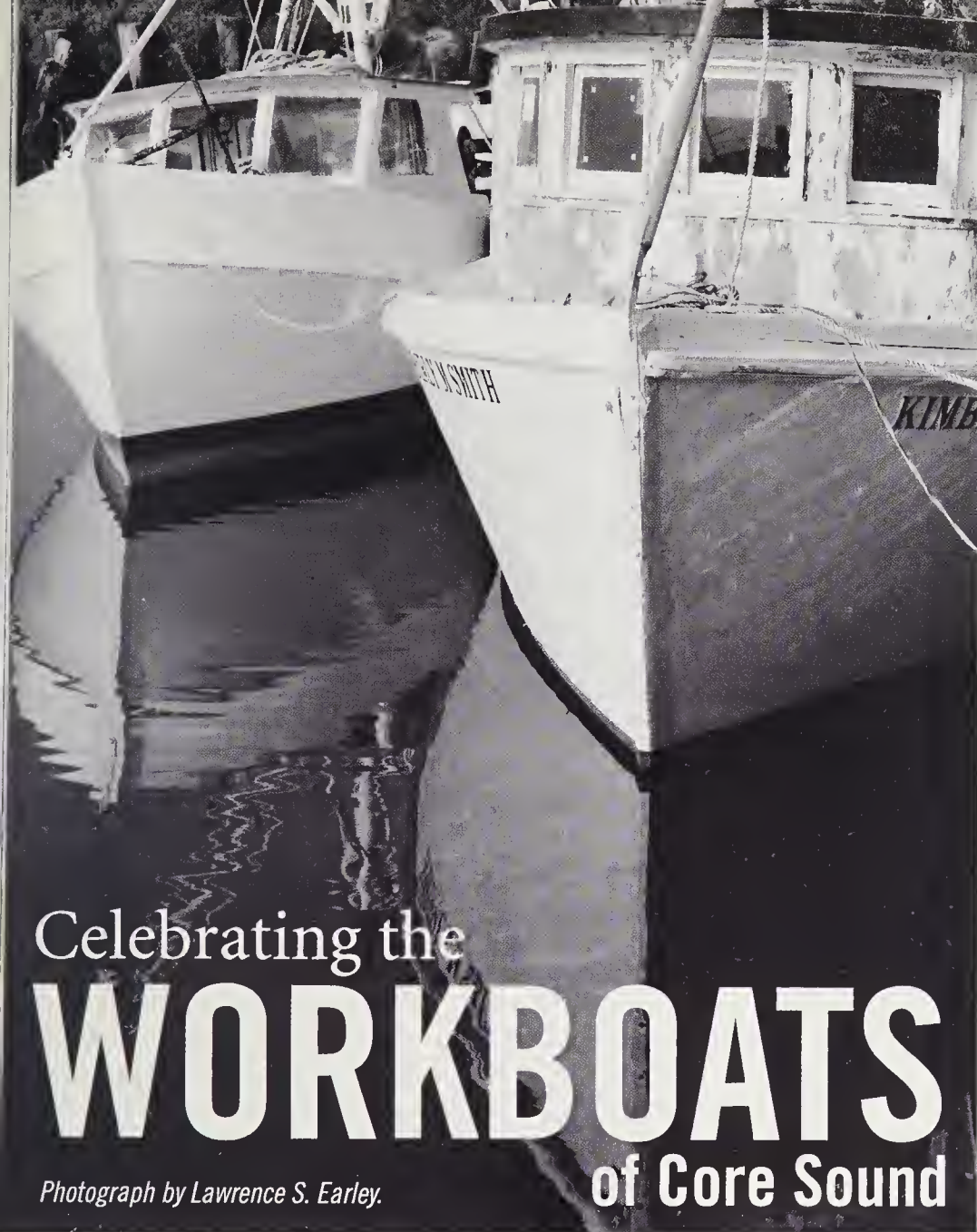


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Celebrating the WORKBOATS of Core Sound

Photograph by Lawrence S. Earley.

Whether it's a shrimpboat or a haulboat, a trawler or a skiff, there's something about fishing vessels at work on Core Sound that commands attention. Perhaps it's their white hulls, brilliant in the morning sun, or their practiced movements on the water as they harvest their catch. Perhaps it's the trail of seabirds behind them clamoring for a portion of the haul. Or perhaps it's because many of these workboats are decades old, with long histories on the water, and that they face an uncertain future.

On March 1, Core Sound Waterfowl Museum and Heritage Center in Harkers Island is hosting a day-long symposium and photographic exhibit celebrating the role and importance of the area's historic workboats. Titled "The Workboats of Core Sound," the public event will present talks by Core Sound fishermen, historians and writers on the cultural heritage of the area's fishing vessels. The symposium and exhibit will be free of charge.

There's more to these boats than their native good looks. A workboat is not only an individual signature of the man who made them, but also a distinctive expression of the village in which they were made. A local eye can easily distinguish a Harkers Island workboat from one built in the nearby village of Atlantic. Each workboat in the Core Sound region is a link to families, communities, local landscapes and also to the types of fishing that the region offers.

"Workboats have played a critical role in the Down East communities for more than two centuries," explained Lawrence S. Earley, a writer and photographer from Raleigh who is organizing the event. "The symposium will focus attention on the history and styles of Core Sound's workboats and on some of the area's legendary boat builders. Such an appraisal is long overdue, especially as commercial fishing continues to decline in the area and the boats disappear."

Also speaking at the symposium will be Michael Alford, a maritime historian


The Kimberly M. Smith was built by James Gillikin of Harkers Island in 1977 for Luther Lewis Seafood in Atlantic to be used as a "run boat" for long-haul fishing. The run boat is dispatched by the fish house to a long-hauler working in Core or Pamlico sounds. A bailing net on board transfers the fish from the nets to the run boat's hold, and the boat then returns to the fish house where the fish are packed.

and former curator at the N.C. Maritime Museum in Beaufort; David Cecelski, a historian and author of several books about the coast; Barbara Garrity-Blake, an anthropologist from Gloucester and a member of the North Carolina Marine Fisheries Commission; and Bland Simpson, writer and member of the singing group The Red Clay Ramblers.

In addition, fishermen Danny Mason of Sea Level, Buster Salter and Jonathan Robinson of Atlantic, and Bradley Styron of Cedar Island will join in a panel discussion about the future of long-haul fishing in Core Sound and other issues regarding commercial fishing.

An exhibit of Earley's black and white photographs will accompany the symposium and stay on view through May 1. Earley has been documenting the workboats of the region for several years, focusing especially on the community of Atlantic. "I fell in love with Atlantic's workboats because so many of them had a lot of age on them and yet were still in use on the water," Earley said.

"The Workboats of Core Sound" symposium and photographic exhibit are funded by grants to the Core Sound Museum from the North Carolina Humanities Council and the North Caroliniana Society.

"We're pleased to receive these generous grants," said Karen Amspacher, director of the Core Sound Museum. "And we are honored to be working with the Humanities Council, the N.C. Arts Council and especially with the fishermen and the scholars who will come together to address the importance of these workboats, both to the community and to our recorded history." 

For more information contact the Core Sound Waterfowl Museum and Heritage Center, 1785 Island Road, Harkers Island, NC 28531. Phone: (252) 728-1500. E-mail: Museum@coresound.com. Web: www.coresound.com



Eddie Carrasco is warehouseperson for the foothills region of EnergyUnited, the Touchstone Energy cooperative based in Statesville.

CAREERS IN THE electric utility industry

By Nancy S. Grant

Forty thousand permanent jobs in all sectors of the electric utility industry offer good annual salaries and steady employment. The jobs vary enormously, everything from knowing how to repair a storm-damaged line to maintenance of a coal-fired generating station to controlling a nuclear reactor to monitoring the flow of electricity through multi-state power grids.

But as thousands of older electric utility workers (the Baby Boomer generation) retire and leave the workforce during the next five to 10 years, who will step up to take their places?

Martin Lowery, executive vice president for external affairs at the National Rural Electric Cooperative Association (NRECA), says, "We've studied this issue carefully and believe that electric co-ops will have a challenge similar to that being faced by the investor-owned and municipal electric sector—finding and training workers. So we're working with our member statewide associations to ensure that electric cooperatives can attract the best quality workers."

To reach that goal, NRECA is part of a group of electric utility industry leaders, the Center for Electric Workforce Development. The group is dedicated to identifying the skill sets that are going to be needed in the future, and finding ways to teach those skills.

Lowery notes that the electric utility system really consists of two parts—the physical world of distribution lines and transformers, generating stations and transmission grids, overlaid with a network of information about each of the physical parts.

Lowery says, "The flow of data is critical to reliability. A line technician today and into the future is a knowledge worker. It's not just a matter of climbing poles or getting up in a bucket truck. He or she needs to be able to analyze problems first, then fix them."

Information technology already in place in many electric co-ops, such as automated meter-reading systems, geographic information systems, and geographic positioning systems, often make it possible to analyze an outage problem and pinpoint the solution from miles away. New technology also makes operating a generating facility or controlling the flow of electricity through the transmission grid more than just a mechanical activity; workers everywhere in the electric utility system rely on computers to help them do their jobs.

Bob Patton, senior principal for education at NRECA, notes that training workers is an ongoing process. Patton says, "In addition to training and hiring new workers, our member co-ops are also constantly looking for the best ways to update the skills of their existing workers. Getting workers up-to-speed in a safe and effective manner is paramount in our industry."

NRECA is a member of the Energy Providers Coalition for Education, a partnership of public utility associations, investor-owned utilities, and cooperatives working together to develop and standardize training resources. They've discovered that to develop qualified job candidates, one of the most practical solutions is to offer online courses.

Such Web-based training offers many advantages. Students can keep their current jobs and work through the lessons anytime of the day or night, weekdays or weekends. Students can live anywhere instead of disrupting their lives by traveling to and from a brick-and-mortar campus. And students can become familiar with the kinds of information technology that will be a vital part of their next job.

During the spring 2007 semester, 64 electric cooperative employees scattered throughout the United States studied online, taking college accredited courses.

The Electric Power Technology Program is one such program. Led by instructors at Bismarck State College in Bismarck, N.D., students around the country do their lessons online, interacting with each other and their instructors. Another distance-learning option focuses on the nuclear power sector, made possible through Excelsior College. Within the next year, Clemson University will begin offering a bachelor's degree in electrical engineering with a concentration in the power industry through an online program.

In an experimental program in Colorado, a "virtual high school" offers teenagers a chance to see how math and science concepts work in the real world of work. Patton says, "Through their coursework, these high school students can learn about career options in the power industry. There's also a 'learn and earn' internship so the students can see what their new skills can mean in the workplace."

"With all these online learning options," Patton says, "we will be able to grow them right into the workforce—and help them continue to grow throughout their careers."

To find out about career options in the electric utility industry, check out these three websites: www.getintoenergy.com, www.epconline.org, or www.cewd.org.

Nancy S. Grant is a freelance writer based near Louisville, Ky., and is a member of the American Society of Journalists and Authors.

Do we need all that pavement?

Originally conceived as a way to make dirt- and mud-covered thoroughfares passable, roads (and parking lots) now cover the majority of urban and suburban areas around the world. In the U.S. alone, pavement covers some 60,000 square miles, or about two percent of the nation's total surface area. One out of every 10 acres of arable land is paved over.

Beyond the loss of farmland, paving itself prevents the natural seepage of rainwater at the soil surface and increases the volume and speed of water run-off. The result is often severe soil erosion on adjacent unpaved areas. Also, paving reduces the total area through which the soil absorbs rainwater, forcing pollutant-laden run-off quickly to lower ground, increasing the risk of flooding.

Because the soil underneath paved areas absorbs very little water, natural aquifers below can dry up, reducing the overall amount of potable water. Paving also prevents the growth of plant life and destroys wildlife habitat.

According to the nonprofit American Farmland Trust, which works to preserve farmland and promote healthier farming practices, Americans lose three acres of productive farmland to new paving every single minute of every day. The group reports that since 1970, the U.S. has lost more than 40 million acres of farmland to development.

A diverse coalition of 170 community groups, individuals and businesses came together in 1990 as the Alliance for a Paving Moratorium (APM). The group charges that our obsession with paving and road-building draws public funds away from alternative transportation projects in service to the automobile, fouls the air and water, contributes to global warming and—because most asphalt is a product of fossil fuels—plays into ongoing conflicts in the Middle East.

Jan Lundberg, a former oil-industry insider and transportation policy analyst who helped create APM, sees a bright future in putting less emphasis on paving and roads: "Money would immediately become available for public transportation. It could also go toward refurbishing existing downtown buildings so that people could live in them. Parking lots could be de-paved to make gardens and parks."

To learn more: American Farmland Trust, www.farmland.org; "The High Costs of Paving," www.culturechange.org/issue19/high_costs.htm.

Green consumer products

Finding environmentally-friendly products still is not as simple as a one-stop trip to the mall or grocer. However, some reputable Web sites, mail order catalogs and storefront retailers now cater to the eco-motivated consumer.

Online shoppers can try Gaiam.com, which sells via its Web site and a printed catalog a range of green items—from phosphate-free detergents and organic cotton bedding to compact fluorescent light bulbs and backyard composting kits. In 2000 Gaiam acquired RealGoods, the nation's foremost retailer of "solar living" products, including solar water heaters, energy-efficient lighting and household battery chargers. Beyond mail order endeavors, the merged company also gets green goods out into retail outlets including Target and Borders.




Jeanne Lieari

In the U.S. alone, pavement covers some 60,000 square miles, or about two percent of the nation's total surface area. One out of every 10 acres of arable land is paved over.

Another good one-stop shop is Green Home, which sells thousands of environmentally responsible home products including bedding, paper goods and lunchboxes. Green Home also publishes the online magazine *Living*, a repository of feature articles on living a greener lifestyle.

If you're more inclined to browsing store aisles, natural foods markets like Whole Foods and Wild Oats (now being acquired by Whole Foods) carry a large number of green lifestyle products on their shelves. These stores aren't just about organic produce anymore, and now stock everything from green detergents to cookware.

The best one-stop source for green building materials is Ecohaus, which stocks and ships building materials, household equipment and supplies, kitchen and bath fixtures, flooring, countertops and cabinets, paints, finishes, wall coverings and home energy systems. The company also sells online.

For those harder-to-find green goods, check out EcoSeek.net, which bills itself as "the Internet's first green product search engine." The site includes links to and in some cases reviews of more than 6,500 different green products from over 300 merchants. You end up buying items direct from individual merchants, but it does make for some interesting browsing. Another good online stop is EcoMall, which lists manufacturers and distributors of just about every type of green product imaginable. 

To learn more: Gaiam, www.gaiam.com; Green Home, www.greenhome.com; Ecohaus, www.ecohaus.com; EcoSeek, www.ecoseek.net; EcoMall, www.ecomall.com.

Got an Environmental Question?

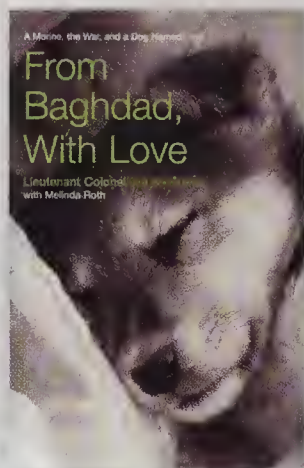
Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.

bookshelf

"From Baghdad with Love"

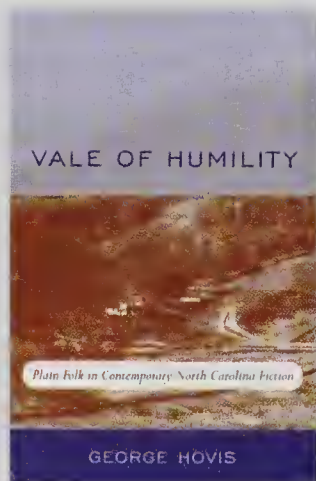
This tells the true story of an unlikely band of heroes who learn unexpected lessons about life, death and war from a dog. When Marines enter an abandoned house in Iraq and hear a suspicious noise, they prepare to open fire. What they find, however, is not an insurgent bent on revenge, but a tiny puppy left behind. The Marines de-flea the pup with kerosene, de-worm him with chewing tobacco, and fill him up on Meals Ready to Eat. Thus begins the dramatic rescue attempt of a dog named Lava and Lava's rescue of at least one Marine, Kopelman, from the emotional ravages of war. Already advancing to some bestseller lists, "From Baghdad with Love" is by Jay Kopelman, a retired lieutenant colonel in the U.S. Marine Corps, with Melinda Roth, a former newspaper reporter. Kopelman spent some time training at the Marine Corps Air Station in Cherry Point, N.C. A portion of the book's proceeds go to the Enduring Freedom Killed In Action Fund and to the Freedom Is Not Free Fund. Published by The Lyons Press in Guilford, Conn. Hardcover, 216 pages, \$22.95.

(800) 820-2329

www.lyonspress.com**Plain Folk in Fiction**

"Vale of Humility: Plain Folk in Contemporary North Carolina Fiction" explores the lives of humble people, white and black, who populate the worlds of contemporary North Carolina fiction. Author and North Carolina native George Hovis examines the writing of important North Carolina writers and asserts that North Carolina's "yeoman" traditions and experience, as compared to the aristocratic traditions of Virginia, South Carolina and other Southern states, help explain why North Carolina literature is distinctive. Hovis looks at works from six contemporary writers: Doris Betts, Reynolds Price, Fred Chappell, Lee Smith, Clyde Edgerton and Randall Kenan, and compares the different ways these authors demonstrate their yeoman perspective. Published by University of South Carolina Press in Columbia. Hardcover, 336 pages, \$39.95.

(800) 768-2500

www.sc.edu/uscpres**"The Bear Hunter"**

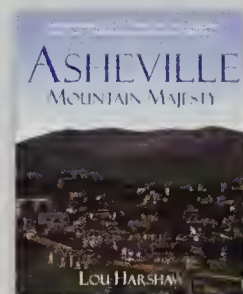
Stan Phillips has put a bitter divorce behind him and seeks time away from the world to search his soul. What he has chosen as his escape, and with whom, will change his life in ways that he never dreamed possible. Set in the Alaskan wilderness, "The Bear Hunter" is the story of Stan and other men from different walks of life who seek adventure in North America's last frontier. During their pursuit of one of the world's most ferocious big game animals, they are forced to face the truth about their lives and mortality. The novel also explores the deep bond between father and son. Author James Hart Isley, an EnergyUnited member, lives in Belews Creek. Softcover, 191 pages, \$16.95. Published by Alabaster Book Publishing in Kernersville.

(336) 996-3580

www.jameshartisley.com**"Asheville Mountain Majesty"**

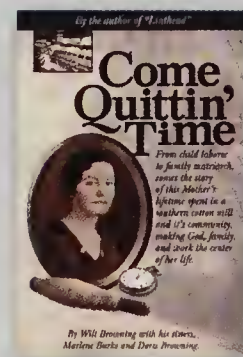
This illustrated history documents the evolution of Asheville, from remote mountain village to modern cultural destination. Author and regional historian Lou Harshaw draws upon a host of historical sources as well as an extensive oral tradition, to reveal Asheville's rich, diverse culture, historic architecture and deep-rooted artistic heritage. Black and white period images and contemporary photography complement this chronological history. Harshaw, an Asheville native, teaches history at Mars Hill College. Published by Bright Mountain Books in Fairview. Softcover, 358 pages, \$29.

(800) 437-3959

www.brightmountainbooks.com**"Come Quittin' Time"**

EnergyUnited member Wilt Browning, who wrote "Linthead," and his sisters Marlene Burke and Doris Browning tell the story of their mother's life as a child laborer in a southern cotton mill in "Come Quittin' Time." Martha Chappell was 12 years old when she began work at a textile mill and she remained a mill hand for 52 consecutive years. Their book tells of her struggle, dogged determination and abiding faith. Anecdotes include the time she survived being held hostage by a serial killer by offering to bake a pan of homemade biscuits. Published by Alabaster Book Publishing in Kernersville. Softcover, 168 pages, \$20.

(336) 996-3580

www.publisheralabaster.biz

The North Carolina state fruit is better for us than we thought

The health benefits of the muscadine grape

By Karen Olson House

Wine lovers have always said grape wine is good for you. Now at least one North Carolina entrepreneur is cultivating the muscadine solely for its health benefits.

Several years ago Bob Dalton transitioned his family's tobacco fields in Lewisville township, Forsyth County, into fields of vinifera grapes, which make Chardonnay, Merlot and Cabernet wines. Then in 2001 while inspecting his crop, Dalton (a member of the Surry-Yadkin EMC Touchstone Energy cooperative) saw that Japanese Beetles were destroying his grapes. While feasting feverishly on the vinifera crop, the beetles had not touched the wild-grown muscadine grapes nearby.

Although muscadines' thick skins provide a natural resistance to disease and insects, Dalton was still curious as to why they were spared. A former tobacco farmer and blender for R.J. Reynolds Company, Dalton sent samples to a scientific laboratory for testing.

Scientists determined that Bob's muscadine grapes contained high levels of healthful antioxidants and polyphenols, which repelled the beetles. Further research on his grapes specifically showed that they contained the popular antioxidant resveratrol and piceatannol, an antioxidant not previously found in a renewable, sustainable source. Resveratrol has been shown to inhibit the growth of some cancer cell types, including prostate cancer cells, and help with cardiovascular ailments, arthritic conditions, the symptoms of menopause and inflammatory problems. Like resveratrol, the potent piceatannol also contains anti-inflammatory properties and has been shown to inhibit prostate cancer cell growth.

Dalton switched his Yadkin Valley fields from vinifera grapes to muscadines, North Carolina's state fruit. But lab results told him that health benefits could not adequately be obtained by eating the grapes. The grapes needed to be concentrated. So in December 2004, Dalton began manufacturing



The skins from Bob Dalton's crop of muscadine grapes are dried, ground and sold as dietary supplements.


a concentrated supplement. Using equipment purchased in Wilson County he equipped an industrial building (served by the Four County EMC Touchstone Energy cooperative) in Duplin County. There, he dried the nutrient-rich muscadine skins and ground them into powder. The supplement powder was, and still is, encapsulated and packaged at a sterile plant outside Atlanta.

His first dietary supplement, MuscadinePlus, was sold by Dalton's newly formed company, Nutragon, LLC, in March 2005. BellaFemme Balance for Women followed in the spring of 2006. In July 2006, Dalton changed his company's name to the market-friendly Muscadine Naturals. The Vinetra brand hit the market in January 2007, and Dalton began a major advertising campaign last September. His products are sold on the Internet.

He declines to discuss sales figures but says sales increased dramatically this past fall. "We have shipped to Australia, New Zealand, U.K., Canada, some of the Pacific islands and to areas of Africa," says the Muscadine Naturals president.

Dalton's muscadines are grown without pesticides or any other sprays. The process Dalton uses to formulate the all-natural product doesn't require chemicals and has received a provisional patent approval.

"As close as you can keep these grapes to Mother Nature, the more of and better the antioxidants are," says Dalton. "This is one of the most amazing plants the dear Lord ever put on this Earth."

To learn more about Muscadine Naturals, call (888) 628-5898 or visit www.muscadinenaturals.com 

NutraGrape

Another muscadine health product company, NutraGrape, was founded in 1998. NutraGrape sells a dietary supplement made from the seeds called Muscadine Grape Seed, along with two other products to target signs of aging, a muscadine facial cream and body lotion. NutraGrape products are sold through Duplin Winery in Rose Hill. It's the oldest winery in the Southeast and specializes in muscadine grapes. Call (800) 774-9634 or visit www.duplinwinery.com or www.nutragrape.com.

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PRODUCT	Hydroxatone®	Olay® Regenerist	Strivectin SD®*
Argireline® Acetyl Hexapeptide 3	YES	NO	NO
Matrixyl™ 3000†	YES	NO	NO
Hyaluronic Acid	YES	NO	NO

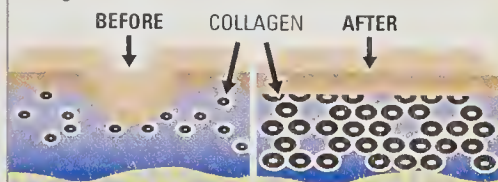
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Low-income taxpayers may be eligible for an “earned income” refund

The U.S. Internal Revenue Service estimates that millions of dollars in Earned Income Tax Credits are not claimed in North Carolina each year.

For the 2007 tax year, an eligible taxpayer could receive up to \$4,716.

In 2006, more than 750,000 working North Carolina taxpayers received over \$1.4 billion dollars through the Earned Income Tax Credit (EITC). The number of eligible taxpayers typically increases every year.

Those who do not claim the credit usually do not know about it and are unaware that they meet the qualifications.

The Earned Income Tax Credit is a refundable credit that is available to working taxpayers who in 2007 earned less than \$37,783 (\$39,783 if married filing jointly) if all eligibility criteria is met. Since the EITC is a refundable credit, eligible taxpayers may receive the credit even if they owe no tax and had no income tax withheld.

The basic EITC criteria for tax year 2007 are as follows.

Taxpayers must meet all of the eligibility criteria and have earned less than:

- \$37,783 (\$39,783 if married filing jointly) with more than one qualifying child.
- \$33,241 (\$35,241 if married filing jointly) with one qualifying child.
- \$12,590 (\$14,590 if married filing jointly) with no qualifying children.

For taxpayers who qualify, the maximum EITC that can be received is:

- \$4,716 with two or more qualifying children.
- \$2,853 with one qualifying child.
- \$428 with no qualifying children.

Free help

In addition, the IRS Volunteer Income Tax Assistance Program (VITA) will offer free tax preparation and electronic filing to taxpayers with income of \$40,000 and below, for the upcoming tax season. Certified volunteers sponsored by various organizations will help prepare and file basic tax returns at various sites in communities in North Carolina and across the country.

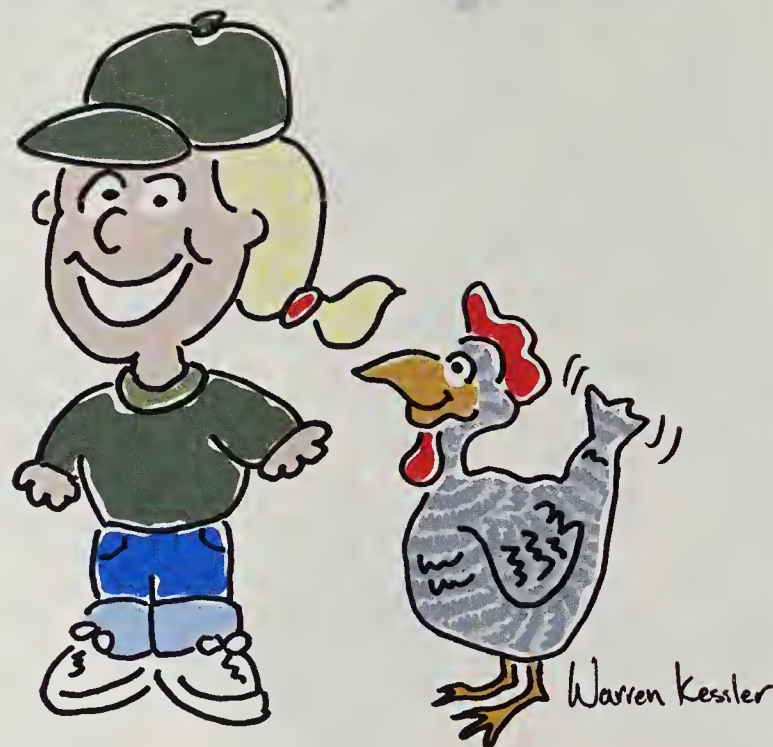
For more information about EITC, free tax preparation at VITA sites, or general tax information, go to www.irs.gov or call (800) 829-1040.

YOU KNOW YOU'RE IN

Carolina country if...

...you had a *pet barred rock chicken* that followed you like a dog

From Darlene and Guy Brittain, Connelly Springs



From Darlene and Guy Brittain, Connelly Springs

- ... You have been chased by a black racer snake.
- ... Your brother, cousins, uncles and dad all had nicknames like Blackie, Buster, Cooter, Skin, Tots and R.
- ... On rainy days you sat in the barn and cracked hickory nuts and picked the goodies out with a bobby pin.

From the Horners, Matthews

- ... The tooth fairy brought you a "case quarter."
- ... When you acted up, Momma or Pop said if you didn't stop they'd "wear you out" or "knock you winding."
- ... Someone excited was "all lit up."
- ... When you were being nosy, adults told each other, "Little pitchers have big ears."

From Richard B. Gill 3rd, Franklinton

- ... You know which end of a mule the muzzle goes on.
- ... You went to the country store to get soft drink bottle caps to hold the sheets on a tobacco slide.
- ... You know that a wooden peg is used to plant crops.
- ... You can remember surviving without a credit card, cell phone or the Internet.

From Pauline Adcock, Monroe

- ... You watched your mother and aunt pick down off squawking geese to use in pillows and feather beds.
- ... For being good and working hard all week, you could go up to the big road on Sunday and watch cars go by.
- ... When playing "Hailey Over," you could look under the house to see which way you had to run.
- ... You had a tennis ball and made a tennis racquet by trimming down one end of a thin plank with an ax.
- ... Your father tied a dead chicken in the shallows at the creek to attract cooters.
- ... In the evening you would take a hoe down to the branch to kill water snakes.
- ... In the fall you got new wheat straw in bed sacks, then feather beds on top of that, so you had to climb to get into bed.
- ... You shelled corn by hand before it was taken to be ground into cornmeal.
- ... You grew tater slips in raised beds to make extra money.
- ... After all the open cotton was picked, you picked dried bolls that would open later around the heater.

From Dora Ann Mabe, Danbury

- ... You made playhouses behind the tobacco barn and played very fast between every slide change.
- ... You decorated your mud pies and cakes with daisies, other flowers and pokeberries and made mud sandwiches with tree leaves.
- ... A gang of cousins crawled under the pasture fence where the big mean bull could see you, and then you all nearly died of fright, running and squealing if he even snorted or moved.
- ... Horror movies don't scare you anything like the booger tales your uncles could tell.

From Rosetta Murrell, Beaufort

- ... You and your cousins had foot races in the middle of the street when no cars were coming to see who was the fastest.
- ... When you were little, you sat on the front porch with your cousins and friends and played "that's my car" with all the cars that passed by.
- ... You refer to a thunderstorm as a thunda squaw.
- ... Your backyard is one of your relative's front yard.
- ... Your first pet was a duck named Doe-Doe.
- ... At all of your family gatherings, you have to do the Electric Slide dance.

From Monra Edwards, Sparta

- ... You played in the barn loft and got bird lice all over you, then rolled in the meadow to get them off.
- ... You played cowboy with a gun made out of a laurel bush.
- ... You hoed corn as fast as you could because you knew the water jar was at the end of the row.
- ... Your dad gave you a quarter, and you walked barefoot three miles to town to go to the movies.
- ... You were told lye soap is poison but you still had to wash with it.
- ... When you say, "Gimme that do hitchy," your grandchildren say, "Granny, what is that?"

From Vickie Keith, Fayetteville

- ... You got caught smoking rabbit tobacco and got a "wearing out."
- ... Your daddy dipped the dogs in creosote to keep fleas and ticks off them.
- ... Your mama made watermelon rind pickles and preserves. ①

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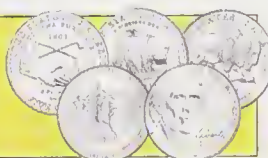


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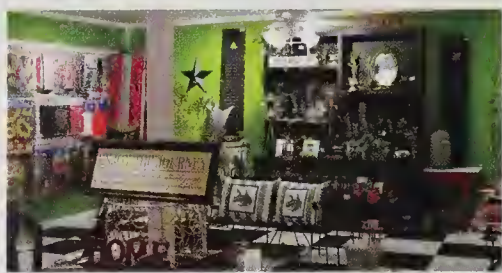
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Sticks and More

Located in downtown Snow Hill in Greene County, this store is a combination gift, garden and gourmet shop. Products for sale include jewelry, clothes, decorative objects for the home, and clothes and items for infants and children such as bibs, rattles, puzzles and craft kits. Owners Donna Haggerty and Molly Murphrey (a Pitt-Greene EMC member) share tobacco farm roots and offer a variety of whimsical handcrafted products made from tobacco sticks and other items found on Greene County farms. The store is housed in a former convenience store, with its remaining gas pumps painted a bright lime-green. Original fixtures are blended with antiques and "found" objects help display merchandise. Sticks and More is open Monday through Saturday. Tobacco stick angels are \$12.95 and tobacco walking sticks are \$8. Puzzles start at \$6 and go up to \$24. Heartstrings jewelry and monogramming range from \$12 to \$200, and Wind and Willow food products are \$4.95 to \$7.50.

(252) 747-2135

dmhsticksandmore@aol.com



America The Beautiful

America The Beautiful.com carries an extensive inventory of patriotic apparel, signs, home décor, kites and more that celebrate America. Based in Waynesville and served by Haywood EMC electric cooperative, the company's custom-made products include aprons, hats, purses, ties, leather jackets, pillows, posters and bumper stickers. The company's Web site also sells "The Spirit of America," a musical video tribute to America's music. Accompanied by scenic video footage shot in western North Carolina, the DVD sells for \$29.95. The men's USA flag leather jacket sells for \$95.

(828) 454-9233

www.americathebeautiful.com

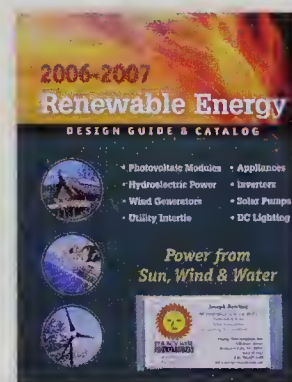


Energy Wise Solutions

Energy Wise Solutions, based in Bessemer City in Gaston County, sells energy efficient products online for the knowledgeable do-it-yourselfer. Products include solar panels, solar hot water systems, water conservation products, deep cycle batteries and LCD digital meters. Electric dirt bikes and scooters are also for sale. The 60-gallon, dark green RainBarrelUSA sells for \$95. The Sun Mar Garden Composter sells for \$269. Kill-A-Watt, a meter that you can plug items into to see how much power the item consumes over time, sells for \$33.

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www.cutmydependency.com/Frank



Mountain music jams

The site of the former Phipps Country Store, near Jefferson in Ashe County, holds a free old-time/bluegrass music jam open to all ages and skills on Friday



nights. The site will also hold the area's traditional annual event, 'Breakin' Up Christmas,' on Friday, Jan. 4. The store, which is still standing and which organizers hope to operate as an ongoing retail enterprise selling traditional crafts, is located at 2425 Silas Creek Road in Lansing. Musician and organizer James Wood, a member of Blue Ridge Electric, says refreshments are for sale at events.

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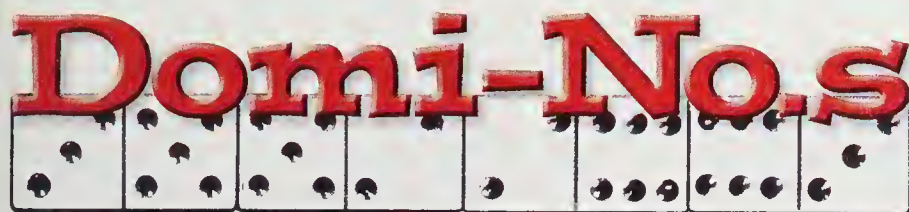
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Use the capital letters in the code clue below to fill in the blanks above.

"A B E F I L O R S T U Y" means
unscramble it



Four Day House Guests

When they finally say, "We really must go,"
they won't meet with any resistance.

The holiday lights that make our hearts glow
are tail lights that recede in the distance.

—Cy Nical

SOUTHERN exposure

Last November I wrote on this page about the misunderstandings children often have of things that adults say. I quoted Wendell Berry, in his novel, *ANDY CATLETT: EARLY TRAVELS*, having nine-year-old Andy tell how he misheard the county health officer when that doctor came to Andy's school to look for head lice. Andy thought he said headlights, "and it seemed all at once credible and wonderful to me that some of us might have lights in the top of our heads, hidden by our hair." And I concluded by asking readers who have a similar story to send it to me. Now I know I have at least one reader—my brother, Ed. He writes from Rowan County that such a mishearing is defined by Dr. Goodword's *alphaDictionary.com* as a "mondegreen." The word is credited to writer Sylvia Wright, who coined it for an essay published in *Harper's Magazine* in November, 1954. "When I was a child," she wrote, "one of my favorite poems began, as I remember:

*Ye Highlands and ye Lowlands,
Oh, where hae ye been?
They hae slain the Earl Amurray,
And Lady Mondegreen"*

She said she understood why the poor Earl of Murray was slain, but for years she could not understand why they had also slain Lady Mondegreen. When she finally analyzed the phrase as "And laid him on the green," she dubbed her misunderstanding a "mondegreen" and a new word was born.

—cgj

WORD ward-wary-pray PLAY

1	O N S L O W
2	_____
3	_____
4	_____
5	S T A N L Y

To go from ONSLOW County to STANLY County you must change one letter or drop one letter in each step to spell a new word. Letters can be rearranged in any step. Your answer may be different from mine.

For answers, please see page 34

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\$150,000	\$887.31	30 YR. Fixed	5.87*	5.99%
\$200,000	\$1,104.41	5 YR ARM	5.25***	5.39%
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January Events



The ongoing exhibit "Solving the Rock House Mysteries" at The Charlotte Museum chronicles the restoration of the Alexander Homesite and explores the names, faces, myths and legends surrounding the 230-plus year old home. To learn more, call (704) 568-1774 or visit www.charlottesmuseum.org

MOUNTAINS

Street Dances

Mondays, Hendersonville
(800) 828-4244
www.historichendersonville.org

Eddie Miles in Concert

Jan. 11, Spindale
(828) 286-9990
www.foundationshows.org

Museum Inventory Party

Jan. 13, Lenoir
(828) 758-4004

Moscow Nights & Golden Gates music

Jan. 20, Hayesville
(828) 389-0033

Symphony of Rutherford County

Jan. 20, Spindale
(828) 286-9990
www.foundationshows.org

Martin Luther King Celebration

Jan. 21, West Jefferson
(336) 846-2787

Carolina Gospel Association

Jan. 24, Rutherfordton
(828) 287-3356

Winterfest

Jan. 24-27, Blowing Rock
(800) 295-7851
www.blowingrock.com

PIEDMONT

Astronomy Viewing

Through Jan. 12, Jordan Lake
(919) 362-0586

Free Day Botanical Garden

Jan. 5, Fayetteville
(910) 486-0221
www.capefearbg.com

Cherryholmes Family Band

Jan. 5, Troy
(704) 985-6987

Gun & Military Antiques Show

Jan. 5-6, Monroe
(704) 282-1339
www.thecarolinatrader.com

Elvis Birthday Dinner Party

Jan. 5-6, Matthews
(704) 545-6618

Mommy, Me & The Museum Make Three

Jan. 8, Fayetteville
(910) 486-1330

"Hormonal Imbalance" Musical Revue

Jan. 11, Winston-Salem
(336) 721-1945
www.ncarts.edu/stevenscenter

Antique & Collectible Toy & Hobby Show

Jan. 12-13, Raleigh
(919) 553-4285
www.insidepitch.com

Civil War Winter Quarters

Jan. 12-13, Huntersville
(704) 875-2312
www.lattaplantation.org

"Singing in the Rain"

Jan. 18-Feb. 10, Fayetteville
(910) 323-4233
www.cfrt.org

Dr. MLK, Jr. Celebration

Jan. 21, Fayetteville
(910) 672-1276

Sportscard & Memorabilia

Jan. 26-27, Raleigh
(919) 553-4285
www.insidepitch.com

Civil War Homefront

Jan. 26-27, Huntersville
(704) 875-2312
www.lattaplantation.org

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(910) 458-0211

New Year's Eve Party Cruise

Through Jan. 1, Wilmington
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www.cfrboats.com

"Once Upon a Mattress"

Jan. 4-6, 11-13, 17-19, New Bern, (252) 634-9057

Keiko Sekino music

Jan. 11, Oriental
(252) 249-3676
www.pamlicomusic.org

Ducks Unlimited Banquet

Jan. 11, Washington
(252) 317-1855
www.visitwashingtonnc.com

"The First Day at Gettysburg"

Jan. 13, New Bern
(252) 638-8558
www.newbernhistorical.org

Big Daddy Motorsports

Jan. 18-19, Williamston
(252) 330-4984

NOW SHOWING

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(704) 739-1019

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Ongoing, Charlotte
(704) 568-1774
www.charlottesmuseum.org

Flag Journey to North & South Pole

Ongoing, Charlotte
(704) 568-1774
www.charlottesmuseum.org

Rendering Likeness

Through Jan. 6, Fayetteville
(910) 485-5121
www.fayettevillemuseumart.org

Unbinding Beauty

Jan. 11-March 9, Fayetteville
(910) 485-5131
www.fayettevillemuseumart.org

Mysteries of the Lost Colony & A New World

Through Jan. 13, Raleigh
(919) 807-7943
www.ncmuseumofhistory.org

Made in China

Jan. 26-April 20, Charlotte
(704) 337-2000

William Luce's Emily Dickinson

Jan. 31-Feb. 17, Fayetteville
(910) 678-7186

**Everybody's War:
NC and World War II**
Through Feb. 17, Raleigh
(919) 807-7943, www.ncculture.com

Fiberart International Exhibit
Through Feb. 2008, Charlotte
(704) 337-2009

Call to Duty
Through April 2008,
Fort Bragg, (910) 432-3443
www.bragg.army.mil/18abn/museums.htm

**White Light:
Glass Compositions**
Through May 25, Charlotte
(704) 337-2009

**North Carolina in
the American Revolution**
Through June 2008, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

**Back By Popular
Demand—Artifacts**
Through July 31, 2008,
High Point
(336) 885-1859
www.highpointmuseum.org

COAST

Art Works in Beaufort
Through Jan. 13, Beaufort
(252) 726-2170

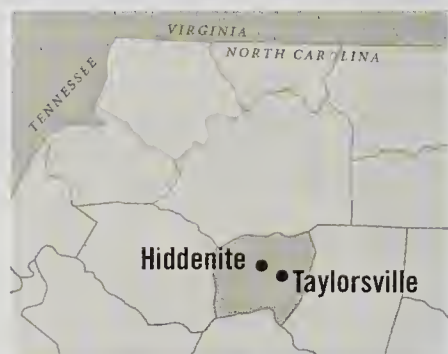
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Visit the Old Jail Museum in Taylorsville.

CAROLINA COUNTRY adventures

Located in the foothills of the Blue Ridge Mountains, Alexander County is blessed with expansive farmland, quiet towns and soil rich in gemstones. The lucky and persistent have found emeralds, rubies and sapphires here. There are three cone-shaped foothills of the Brushy Mountains here that approach the magnitude of mountains: Never Mountain, Sugar Loaf Mountain and Little Round Top Mountain. The area around Sugar Loaf enjoys a thermal zone ideal for fruit trees, and several orchards sell juicy apples by the bag. In downtown Hiddenite, you can enjoy art gallery exhibits, hear concerts, learn about gems, see an extensive doll collection and tour a Victorian mansion (see below), all at one place—the Hiddenite Center. Taylorsville, the county seat, has a pretty park between 1st Street and 3rd Avenue, with play equipment, cookout facilities and walking trail. About nine miles south of Taylorsville, you can see the old Oxford Hydroelectric plant. The Highway 16 bridge crosses the Catawba River just below its big concrete dam.

Three top spots:

Lucas Mansion: This restored, century-old mansion offers glimpses into the life of wealthy, flamboyant James Lucas. Open Monday through Friday from 9 a.m. to 4:30 p.m. Admission fee. The Lucas mansion is part of the Hiddenite Center, a folklife and cultural arts institution on Church St. (828) 632-6966 or www.hiddenitecenter.com

Old Jail Museum: Visitors get to see the old jail cells, photos of past sheriffs and an old safe in this unique building in downtown Taylorsville. The museum is open Tuesdays from 9 a.m. to 3 p.m. (828) 635-0064.

Lake Hickory: This pretty lake in Bethlehem has a restaurant, Taylorsville Beach Seafood and Steakhouse, which you can visit by boat. With 16 boat launches and six marinas, the lake is fully recreational for fishing, swimming, boating, sailing, kayaking and more.

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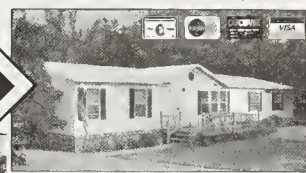
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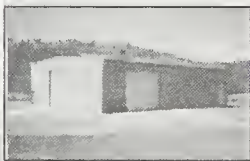
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Rainbow roots

The classic house salad employs the color of red tomatoes, green cukes and maybe a slice of purple onion to please the visual palate. But a variety of unusually colorful beets, radishes and carrots can be the root of a salad with true pizzazz. Once you've experienced the rainbow of color available in root crops, your lettuce will never look the same. Beets, carrots and radishes can be planted weeks prior to frost, as soon as soil can be worked, and provide a welcome early-spring harvest. They need a loose, friable soil in the garden, but are also easy to grow in containers in a sunny location. Try the green-skinned, red-fleshed 'Rose Heart' radish, 'Watermelon' (skins are whitish and when sliced or quartered reveal a deep-red heart) or 'Easter Egg', which produces a mixture of skin colors including pink, red, purple and white. Try 'Golden' or 'Touchstone Gold' beets, which have red skins and bright-yellow interiors—great marinated and sliced for salads, and they don't "bleed" like red beets. 'Bull's Blood' is a more traditionally colored red-rooted beet, but it sports

reddish-purple leaves that make colorful salad greens. A wide variety of colored carrots exists, including 'Purple Haze', an All-America Selections winner with purple skins and orange centers. It is beautiful sliced, shredded or peeled. Immature ones with their leaves intact make a lovely garnish. The lemon-yellow 'Amarillo' is one of several yellow carrot varieties.

Some reputable sources of seeds mentioned here:

Johnny's Selected Seeds
(877) 564-6697
www.johnnyseeds.com

Pinetree Garden Seeds
(207) 926-3400
www.superseeds.com

Baker Creek Heirloom Seeds
(417) 924-8917
www.rareseeds.com



ARS researchers have selectively bred carrots with pigments that reflect almost all colors of the rainbow. More importantly, though, they're very good for your health.

Hort Shorts

- ▶ Tiny seeds such as lettuce and carrots are sometime sold in "pelletized" or "seedball" form, surrounded by a coating that gives individual seeds more bulk and thus makes them easier to handle and to plant. Be aware that the seeds may have been primed in a water-based process that speeds germination. If you tend to save leftover seeds for subsequent years, keep in mind that pelletized seeds may have short-lived viability. Buy only the amount you need for the current season.
- ▶ Pansies look cheerful in the garden, but they also dress up a plate. Blossoms of pansies and violas are edible, with a mild flavor that works in entrées, desserts and even beverages. Carefully wash and dry the blossoms before using (Make sure these are from new growth in your garden. Newly purchased pansies may have herbicide or pesticide residue.)
- ▶ Continue to provide supplemental water for newly planted and young trees and shrubs throughout the winter. This is especially important this year because of extreme drought conditions in many areas. The best time to water is when air temperature is above freezing. Do not water when ground is covered with snow. Where possible,

encircle plantings with a soaker hose attached to a main hose. During freezing weather, be sure to keep the main hose disconnected and flushed of water to prevent hose damage. Remember to continue to comply with any water restriction guidelines in your community.

- ▶ Before ordering from a new gardening or seed catalog, investigate the quality and reputation of the company. Ask friends about their experiences with various vendors. A helpful online reference is The Garden Watchdog at <http://davesgarden.com/gwd>, which allows you to search for information about companies unfamiliar to you. It lists customer reviews of a wide number of vendors and includes a handy Top 30 list of the site's best-rated companies.
- ▶ Rake up and remove dropped flowers from the base of camellias when the bloom period is over. This will discourage the spread of camellia flower blight, a fungal disease that produces brown spots on petals. 🌱



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Carla Burgess can be reached at ncgardenshare@mindspring.com.

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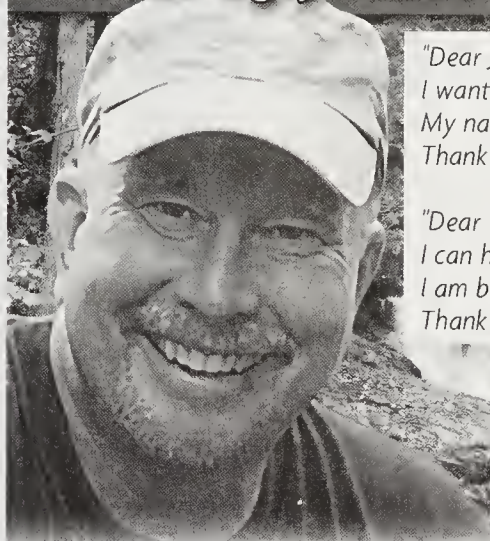
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Pay attention to ratings for air cleaners

There is a huge array of room air cleaner designs and styles available for combating allergies and clearing pollutants. Unlike most home products, you cannot use the price of a room air cleaner as an indication of its effectiveness.

Also, some of the flashy television advertisements for room air cleaners are long on claims, but the products are short on actual performance and specifications. I called the 800-phone number shown in a television ad for one of the expensive, no-fan air cleaner models that consumes little electricity. After pressing them for the CADR (clean air delivery rating) for that specific model, I determined that the rating was effective for a room not much larger than a closet.

Models with fans use more electricity, but selecting one with multiple speeds allows you to run it on the efficient low speed.

One of the best methods to compare air cleaners is by their CADR. This rating indicates the effectiveness of a room air cleaner as determined by testing per the AHAM (Association of Home Appliance Manufacturers) standards. The CADR is recognized as the standard by the U.S. Environmental Protection Agency and the American Lung Association as a good representation of an air cleaner's effectiveness.

The CADR rating, if the room air cleaner manufacturer had its products tested and certified, should be listed on the packaging or in the user manual. You will see three CADR numbers referring to household dust, tobacco smoke and pollen. Even though there are other pollutants in a home, such as mold or pet dander, the range of the former three covers the gamut of most particles in room air.

The CADR numbers range from less than 50 for small air cleaners to more than 300 for large, effective ones. Also, some air cleaners are better at removing smoke, which contains some of the smallest particles in room air.

Other air cleaners are better at removing pollen, which consists of large particles. If someone's allergic in your household, you should talk to an allergist to determine specifically which allergens should be removed from a room's air.

To circulate enough air effectively through the cleaner, the unit should have a fan. An air cleaner rated to clean a larger room will have a larger fan and will use more electricity. You may want to run it on high speed for approximately 30 minutes before bedtime, and then switch it to a more efficient low-speed setting overnight.

If your house has hot water radiant heat or electric in-floor heat, the air cleaner may not be needed all night. To save electricity, install a timer and run it for 15 minutes after your child is in bed. With these types of non-forced-air heating systems, once there is no movement in a room, particles and allergens should not become airborne. When your child gets up in the morning, which kicks up dust, run the air cleaner again while he or she is in the room.

For effective room air cleaning, the AHAM recommends that the CADR of a room air cleaner to be two-thirds of



This is a very quiet four-speed HEPA air cleaner used in Dulley's home. You can barely hear it running on the low speed.

the square footage of the room. For example, if someone's bedroom is 10 by 12 feet (120 feet) and he or she is allergic to pollen, select an air cleaner with a pollen CADR of 80 as a minimum. You can also select one with a higher CADR to clean the air faster, but it will likely cost more and use more electricity.

In my own home, I use a HEPA room air cleaner with a carbon element, which reduces odors and some volatile chemicals. The HEPA and carbon filters need to be replaced periodically, but they are very effective and reasonably quiet. Be sure to get a true HEPA model. To be a true HEPA, it must state it removes 99.97 percent of all particles 0.3 microns or larger.

Another effective design uses electrostatic precipitator technology with a circulation fan. These give the room air a charge and have a collection plate on the opposite charge so particles stick to it. These often include a wire-mesh prefilter to capture large particles. Both the prefilter and the collection plates are periodically removed and washed. These are particularly effective for tiny particles such as smoke. ①

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

The following companies offer room air cleaners:

Blueair (888) 258-3247
www.blueair.com

Cloud 9 (630) 595-5000
www.4cloud9.com

Essick Air Products (800) 826-2665
www.essickair.com

Kaz (800) 447-0457
www.kaz.com

LakeAir (800) 558-9436
www.lakeair.com

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NEW MOUNTAIN LOG CABIN, Near Boone, Lakefront, 4BR/3BA. 305-971-7091 or app_cnt@bellsouth.net

YELLOWSTONE CABIN—Sumner weekly rentals, fishing, sightseeing brochure. 828-293-3528.

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Banana Nut Cake

- ½ cup butter, softened
- 1 cup sugar
- 2 eggs
- ½ teaspoon vanilla extract
- 1¼ cups all-purpose flour
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup mashed ripe banana
- ½ cup chopped pecans, toasted

Butter Pecan Frosting

- ½ cup butter, softened
- ¼ cup milk
- 1 teaspoon vanilla extract
- Dash salt
- 2–2½ cups confectioners' sugar
- 1 cup finely chopped pecans, toasted
- Additional chopped pecans, optional



In a large bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine flour, baking soda and salt; add to creamed mixture, beating until combined. Fold in banana and pecans.

Pour into a greased 8-inch square baking dish. Bake at 350 degrees for 30–35 minutes or until a toothpick inserted near the center comes out clean. Cool.

In a bowl, cream butter. Beat in the milk, vanilla, salt and enough confectioners' sugar to achieve spreading consistency. Stir in toasted pecans. Frost cake. Garnish with pecans if desired.

Black-Eyed Pea Casserole

- 2 packages (6 oz. each) long grain and wild rice mix
- 2 pounds ground beef
- 2 medium onions, chopped
- 2 small green peppers, chopped
- 4 cans (15½ oz. each) black-eyed peas with jalapenos, rinsed and drained
- 2 cans (10¾ oz. each) condensed cream of mushroom soup, undiluted
- 1½ cups shredded cheddar cheese

In a large saucepan, cook the rice mixes according to package. Meanwhile, in a large skillet, cook the beef, onions and green peppers over medium heat until the meat is no longer pink; drain.

In a large bowl, combine the peas, soup, rice and beef mixture. Transfer to two greased 2½-quart baking dishes. Cover and bake at 350 degrees for 20–25 minutes or until heated through. Uncover; sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.

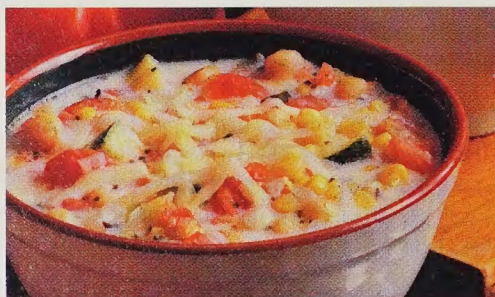
Yield: 2 casseroles (10–12 servings each)

**Oven Cheese Chowder**

- ½ pound zucchini, cut into 1-inch chunks
- 2 medium onions, chopped
- 1 can (15 oz.) garbanzo beans, rinsed and drained
- 1 can (14 ½ oz.) diced tomatoes, undrained
- 1 can (11 oz.) Mexican-style corn, drained
- 1 can (14½ oz.) chicken broth
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 garlic clove, minced
- 1 teaspoon dried basil
- 1 bay leaf
- 1 cup (4 oz.) shredded Monterey Jack cheese
- 1 cup grated Romano cheese
- 1½ cups half-and-half cream
- More Monterey Jack cheese, optional

In a 3-quart baking dish, combine the first 11 ingredients. Cover and bake at 400 degrees for 1 hour, stirring once. Stir in the cheeses and cream. Bake, uncovered, for 10 minutes. Remove bay leaf. Top with additional Monterey Jack if desired.

Yield: 10–12 servings (3 quarts)

**Winning
reader recipe****Sante Fe Soup**

- 2 pounds ground beef
- 1 onion chopped
- 2 half-ounce packages ranch-style dressing mix
- 2 1¼-oz. packages taco seasoning mix
- 1 16-oz. can black beans, undrained
- 1 16-oz. can kidney beans, undrained
- 1 16-oz. can pinto beans, undrained
- 1 16-oz. can diced tomatoes with chilies, undrained
- 1 16-oz. can tomato wedges, undrained
- 1 16-oz. cans white corn, undrained
- 2 cups water
- Garnish: shredded cheddar cheese, sliced green onions

Cook meat and onion together until meat is browned. Stir ranch-style dressing mix and taco seasoning mix into meat. Add remaining ingredients with juices from all. Add water. Simmer for 2 hours. If mixture is too thick, add water.

Garnish each serving with shredded cheddar cheese and sliced green onions. Serve over Fritos.

Makes 4 quarts

*Lee Ragsdale of North Carolina
EMC in Raleigh will receive
\$25 for submitting this recipe.*

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15	\$.59	\$.55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

<u>Issue Age</u>	<u>Male (tobacco)</u>	<u>Female (tobacco)</u>
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15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

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